March 20, 2023
God Bless America
Woman's World
Make it a great week!

70% OFF MEDS

The one question to *always* ask your doctor

HELLO BLISS!

Sara Evans' 10-sec secret to turning a bad day around

Quick relief for bloat, heartburn, gas & more

NATURAL CURES for GI BOTHERS

THE COZY CARB THAT BURNS FAT *FAST!*

Mayo Clinic easy youth hormone boost!

GROW YOUNGER EVERY DAY

Do you love BAGELS, DONUTS or PIZZA? Then you'll flip for the new 2-ingredient dough that's a hit on TikTok—it tastes great & sends metabolism soaring

LOSE 10 LBS A WEEK

Just ask Diane Hatfield-Zencak, who lost **52 lbs** at age 67

All you need is a phone, earbuds & this app!

BETTER THAN HEARING AIDS

St. Paddy's Day delicious!

$3.49

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NEW NORDIC™

DETOX YOUR BODY DAILY-

ALL YEAR LONG

If you are feeling exhausted and in need of revitalization, you should consider a detox or cleanse. With Active Liver™ you have the tool to do this gently and on a daily basis.

Each day, our liver is working hard to remove waste products and toxins from processed foods, unclean air, water and even our own body. But as we get exposed to increasingly more toxins, the liver struggles to remove them all and can start storing them in our body fat. We may notice the results in our energy levels, appearance – and surprisingly, on our waistlines.

UNJUNKING YOUR BODY

A detox, like a water or juice fast, is an excellent way to rid the body of stored toxins, but it is often difficult to abide by, and involves days or even weeks of feeling tired and sick. However, there are other ways.

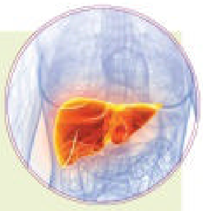
DETOX WITH ONE TABLET A DAY

Active Liver™ is a dietary supplement that helps promote a healthy liver and helps you detox on a daily basis – all year round. With just one tablet a day, it gently but effectively uses known herbal extracts to facilitate detoxing of the body without the "side effects".

HELPS DAILY DETOX
NEW NORDIC
Active Liver™
Helps support liver function
Promotes a healthy liver
30 tablets • Just 1 tablet per day
MANUFACTURED IN SWEDEN
Milk Thistle, globe artichoke, and turmeric
With Botanicals
Dietary Supplement
deliciousliving
BRONZE

Active Liver™ is a Swedish herbal supplement that contains important liver-loving ingredients like turmeric, globe artichoke, and milk thistle. These ingredients have long been used in herbal medicine to support liver health and function.

TEST YOURSELF:



	YES	NO
I have trouble fasting	○	○
I have a hard time losing weight	○	○
I have indigestion & bloating	○	○
I'm tired all the time	○	○
My liver could use some help	○	○
I am exposed to pollutants	○	○

Does this sound like you? Then try Active Liver™ as a help to promote your liver health.

"ACTIVE LIVER IS DEFINITELY HELPING!"

★★★★★

"I have been told that I needed to change up my lifestyle due to weight gain and a poor diet. Active Liver is definitely helping. I feel I have a better digestion and more energy. I would recommend this product to anyone who wants to protect their liver."

- JADE S.

Results may vary. Please read the information on the box to determine if this product is right for you. This product is not intended to diagnose, treat, cure or prevent any disease.

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Fill your week

MONDAY, MARCH 20 FIRST DAY OF SPRING

Usher in spring joy!

Welcome the change of seasons with a vibrant bouquet that's sure to brighten the day! **To create a cheery spring display:** Fill an 8"-tall blue glass vase halfway with water. Then snip 8 white ranunculus and 12 yellow daffodils to 10" to 14". Pop flowers in the vase one at a time, clustering taller stems to one side and shorter stems to the other side for an asymmetrical look. Tip: Daffodil stems contain a sap that can cause other blooms to wilt, so place cut daffodils in their own vase of water for an hour before arranging in the bouquet to nix the sap.

JOKE OF THE WEEK

An 'A' for effort

A professor is about to give an exam. "You must turn it in by 2 PM. No exceptions." By 2 PM, the students hand in their exams and the professor starts to leave. One last student approaches him. "I'm sorry I'm a few seconds late! You have to take it!" The professor says, "No, I made it very clear." The student snaps, "Do you know who I am?" He replies, "I do not." So the student grabs the papers, puts his in the middle, hands them back and runs off.

MARCH 19–MARCH 25
AMERICAN CHOCOLATE WEEK

Choco bliss!

It's surprisingly easy to give a chocolate boxed cake a bakery-style upgrade with this fun how-to from the *Woman's World* test kitchen! **To make:** Prepare cake as directed; let cool, then spread chocolate frosting on the top and sides. Chill 1 hour. Microwave ½ cup of dark chocolate chips and ⅓ cup of heavy cream in 15-second intervals, stirring, until smooth; let cool slightly. Pour over cake, allowing some to drip down the sides. To make chocolate curls, microwave a chocolate bar in 5-second intervals until warm but still firm, then slide a vegetable peeler along the bar. Top cake with curls and squares of chocolate.

WEDNESDAY, MARCH 22
NATIONAL GOOF OFF DAY

Have a blast!

This holiday is all about setting aside to-do's and having some fun! It can make you more creative, say researchers in the *Academy of Management Journal.* They asked employees and their bosses about the workers' levels of motivation, procrastination and creativity and found that those who let themselves procrastinate a bit (but not enough to impact their productivity) were rated more creative employees than those who tended to get right to work. The researchers say procrastination gives us time to bounce around more ideas, so we don't settle on the most obvious solution.

Support overseas troops

If you have extra snack foods, toiletries, games or puzzles on hand, consider donating them to the 40,000 military service members enrolled with AnySoldier.com. Simply visit the website to view specific requests of military service members stationed abroad, and you'll receive an address to send your package.

with smiles!

FRIDAY, MARCH 24 NATIONAL COCKTAIL DAY

Fruity *mmm*

Toast to the weekend with a Bellini—with a twist! Traditionally, the cocktail is made with prosecco (an inexpensive sparkling white Italian wine) and peach puree, but this version swaps in mango for a sweet, tropical taste.

To make Frozen Mango Bellinis: In a food processer, combine 1 cup of frozen mango chunks (thawed) and ¼ cup of Cointreau. Puree until slushy. Divide mixture among 6 champagne flutes. Dividing evenly, pour 1 (750 ml.) bottle of prosecco over. If desired, garnish glasses with fresh mango slices and mint. *Makes 6 drinks*

SUNDAY, MARCH 19 LET'S LAUGH DAY

Share a belly laugh!

Hearing a good joke, watching your favorite sitcom or reading a story that makes you chuckle does more than lift your spirits—it can improve your memory! In a study in the journal *Advances in Mind-Body Medicine,* researchers had one group of adults watch a funny video for 20 minutes while another group sat calmly. When both groups were given a memory test, those who spent that time laughing scored 43% better. The reason? The researchers say laughter reduces levels of *cortisol,* the stress hormone that, in high amounts, can damage the brain region that controls short-term memory. With other research showing that laughter also lowers blood pressure, boosts immunity and eases pain, we're adding a daily chuckle to our schedule!

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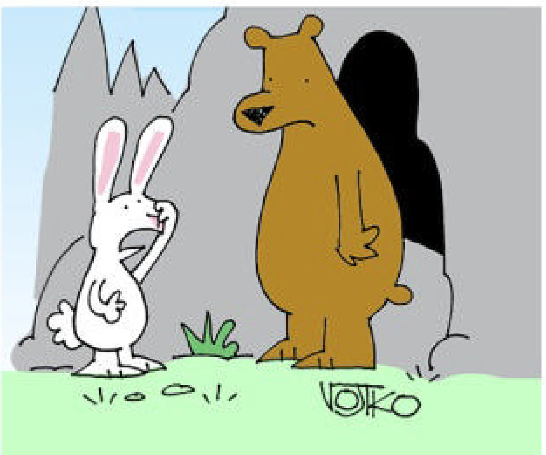
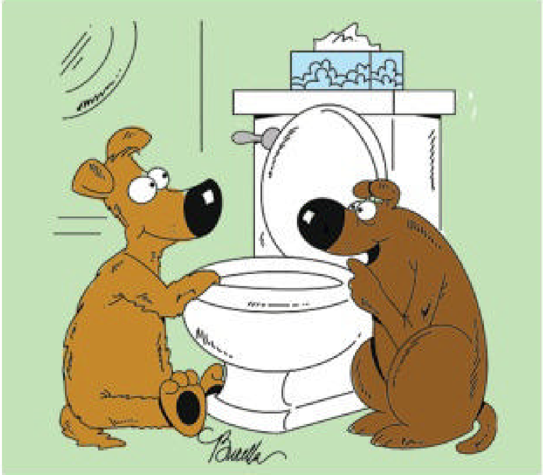
Start your week with a Laugh!



"You have hibernation breath"

Q What does a duck like to eat with soup?

A Quackers



"And if you push the handle, you get free refills"

Kids are fUnNy!

On the way to school one morning, my 5-year-old daughter, Winnie, asked me what candles are made of. "Wax," I told her. "Yuck! From our ears?" she asked. "No, from bees," I explained. After a moment of silence, she said, "I wonder how they get it out of their ears."

—*J.M., Weston, MO*

Relax and have

Jennifer Coolidge plays psychic medium Judy Romano, who tries to connect with a ghost

NETFLIX

Tickle your funny bone with *We Have a Ghost*!

It's a scary movie with a hysterical twist. After moving into a new house, Frank and his family find a ghost named Ernest living in the walls. Frank's son, Kevin, captures Ernest on video, posts it on social media and soon they're all famous. But since Ernest can't speak, they don't know what happened to him. They visit psychic medium Judy Romano (Jennifer Coolidge) for help, but when Ernest plays a trick on her, Judy runs away. To uncover Ernest's past, Kevin and his friends investigate—only to become targets of the CIA. Stream it now.

PBS

Get swept away with *Marie Antoinette*!

Step back in time with this historical drama series about Marie Antoinette that follows her as a young girl who leaves Austria to marry Louis. When she arrives at Versailles, she must obey the rules of the French court while being pressured to become pregnant to secure alliances between their countries. But faced with Louis' solitary character, the mission is more difficult than expected. As rumors spread, her opponents within the royal family do everything they can to bring her down. Premieres March 19.

See how Marie Antoinette's life changes when she arrives in Versailles to marry Louis

Bob Odenkirk and Mireille Enos star in this drama series based on the book *Straight Man* by Richard Russo

AMC

Get lost in the drama with *Lucky Hank*!

William Henry "Hank" Devereaux Jr.—a cynical professor and chairman of the English department at an underfunded college in the Pennsylvania rust belt—is in the throes of a midlife crisis. Hank is struggling with campus politics, his less-than-impressive career and his life as a father and husband to his wife, Lily, as his self-proclaimed "difficult" nature affects everyone around him. Meanwhile, Lily begins to question the path that she's on and the choices she's made. Series premieres on March 19.

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fun this week

Will Emily return to her old coaching job or stay with Ian to coach the new team and take a chance at love?

HALLMARK

Fall head over heels with *A Winning Team*!

Watch as two coaches with differing styles work together toward the same goals. When pro soccer player Emily Chen is fired, she takes time to visit with her brother's family. After she accidentally injures her niece's coach, Ian, in a pickup game, she leads the team into the playoffs. With the championship ahead, Ian takes Emily on as assistant coach. As they warm up to each other, they each begin to heal old wounds. But when Emily's old coach makes an offer, will she return or will she give the new team—and Ian—a shot? See it March 18.

GAME APP

Boost your brain with Squiggle Drop!

Use your creativity and imagination to solve interesting puzzles by drawing a single, unique shape and watching it drop. With 100 puzzles and more coming soon, each one has multiple and often surprising solutions. For example, one puzzle asks you to find a way to lower a drawbridge. How you complete the puzzle is up to you! Try your hand at daily challenges and earn rewards to build up your own "Squiggletown," unlocking new buildings and upgrades. Challenge friends and family to beat your score. Available in the Apple App store.

MUSIC

Get your toes tappin' with Luke Combs!

Hear new tunes from country music superstar Luke Combs when he releases his new album, *Gettin' Old,* on March 24. The record features his hit "Growin' Up and Getting' Old," plus brand-new songs, such as "Hannah Ford Road," "The Part" and a cover of "Fast Car," along with unreleased songs, including "See Me Now," "Tattoo on a Sunburn" and "Love You Anyway." He kicks off his world tour on March 25. Find out more at LukeCombs.com.

It happened *this week!*

● ***Joanie Loves Chachi,*** a *Happy Days* spin-off, premiered in 1982.

● Loft's produced the first **chocolate coins,** wrapped in gold foil, in 1920. The coins later became a popular candy for St. Patrick's Day.

● Prince won an Oscar for Best Original Song Score for ***Purple Rain*** in 1985, beating out The Muppets.

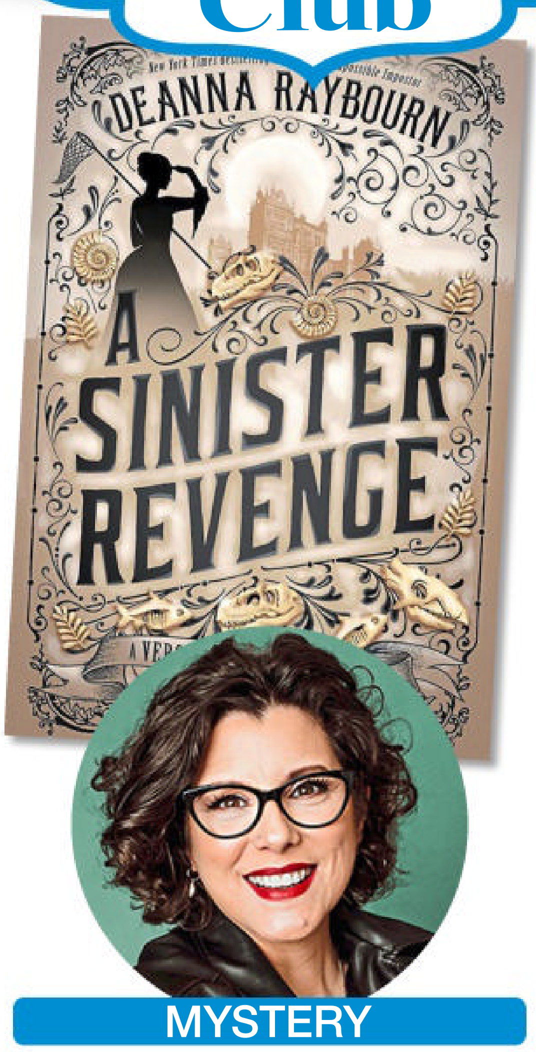
● The **Pogo Stick,** patented in 1931, was designed for children, but became one of the hottest toys for kids *and* adults by 1970.

● ***By the Light of the Silvery Moon*** premiered in 1953 with Doris Day, who was 30 at the time, but played 18-year-old Marjorie.

Woman's World Book Club

This week's best

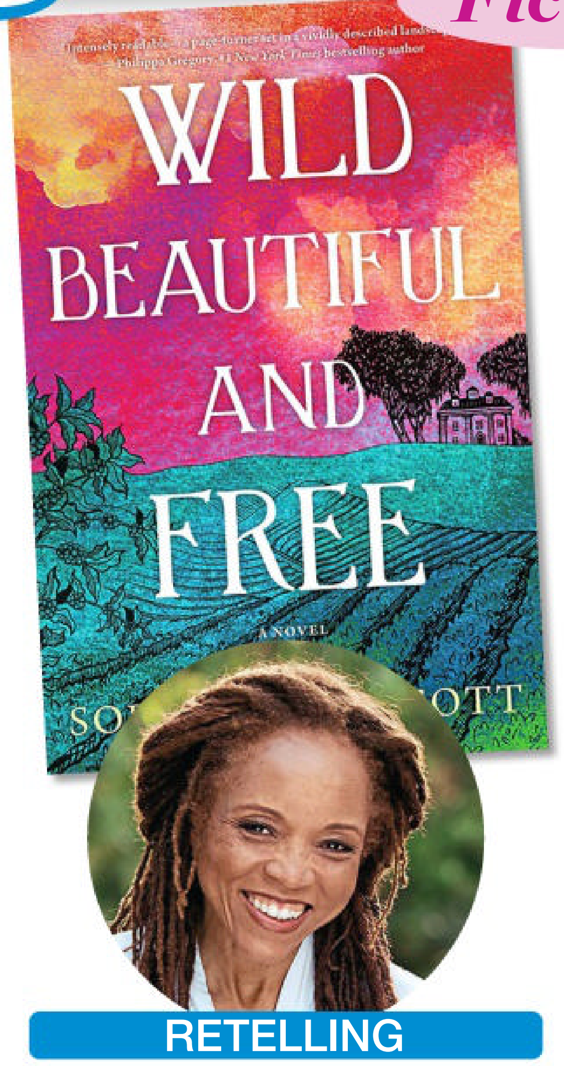
Fiction


DEANNA RAYBOURN
A SINISTER REVENGE

MYSTERY

A Sinister Revenge
by Deanna Raybourn

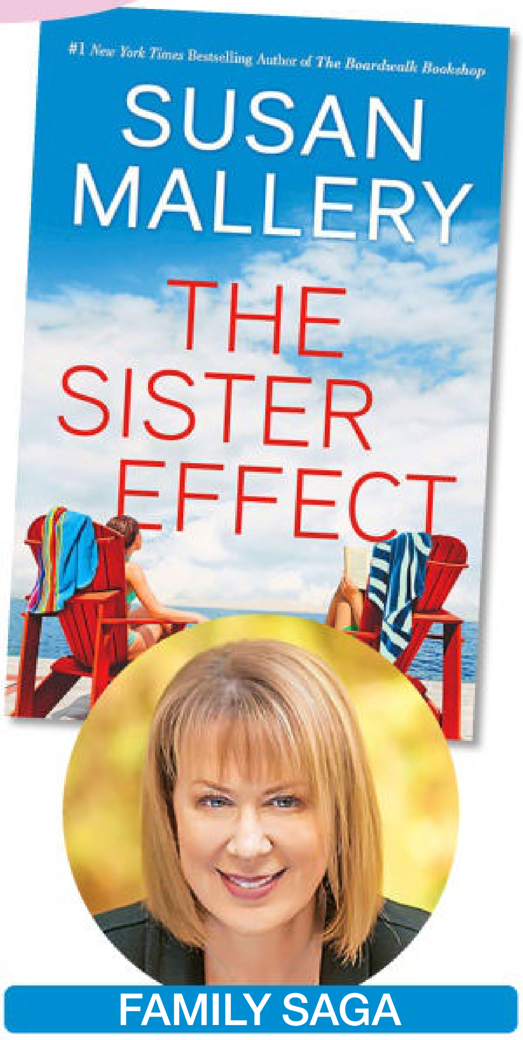
A mysterious dinner party, a cryptic note, a murder…this chilling page-turner has it all. When Veronica's beau, Stoker, is away in Bavaria, his brother, Tiberius, receives a threat in the form of the obituaries of two deceased members of his old friend group, the Seven Sinners. Tiberius plans a dinner party for the Sinners in an attempt to lure out the killer. Meanwhile, Stoker returns home to help Veronica crack the case!


WILD BEAUTIFUL AND FREE
A NOVEL

RETELLING

Wild, Beautiful, and Free
by Sophfronia Scott

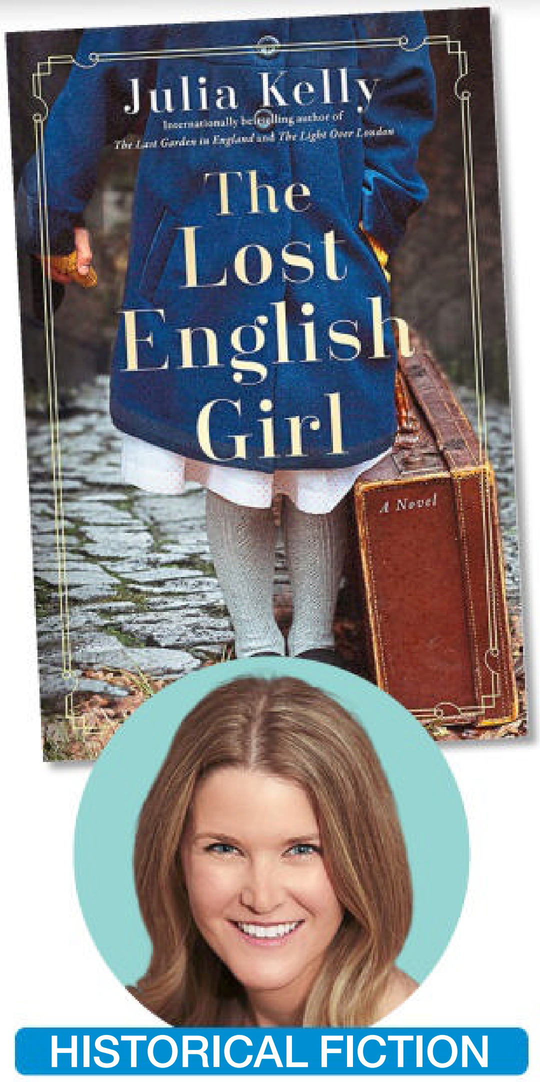
This captivating story set during the American Civil War is a unique retelling of *Jane Eyre.* Jeannette Bébinn was born the daughter of an enslaved woman and a Louisiana plantation owner. When her father dies, his vindictive wife refuses Jeannette her inheritance and sells her into slavery. Jeannette flees and soon meets Christian, a white man who runs a safe haven for escaped slaves. A lush, entrancing story of love and strength.


#1 New York Times Bestselling Author of The Boardwalk Bookshop
SUSAN MALLERY
THE SISTER EFFECT

FAMILY SAGA

The Sister Effect
by Susan Mallery

Bestselling author Susan Mallery has penned more than 100 witty, feel-good sagas, and her latest is another that tugs at the heartstrings. Finley McGowan's sister, Sloane, left town to be a star, and Finley has been raising Sloane's daughter ever since. Now, Sloane is back, claiming she's changed and wants a relationship with her daughter, but Finley is reluctant to trust her. A story about finding joy in surrender and lasting family bonds.

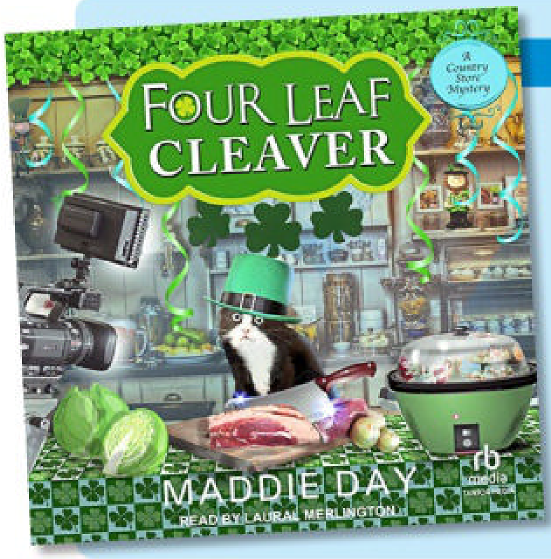

Julia Kelly
The Lost English Girl
A Novel

HISTORICAL FICTION

The Lost English Girl
by Julia Kelly

Readers are transported to 1935 Liverpool in this enthralling novel. Raised by a strict Catholic family, Viv Byrne knows what's expected of her: to marry and raise a family. But she finds herself pregnant after a fling with Joshua Levinson, a Jewish man with dreams of becoming a famous jazz musician. Five years later, on the eve of WWII, Viv evacuates their daughter Maggie and Josh returns in hopes to save—and mend—his family.

Audio


FOUR LEAF CLEAVER
A Country Store Mystery
MADDIE DAY
READ BY LAURAL MERLINGTON

COZY MYSTERY

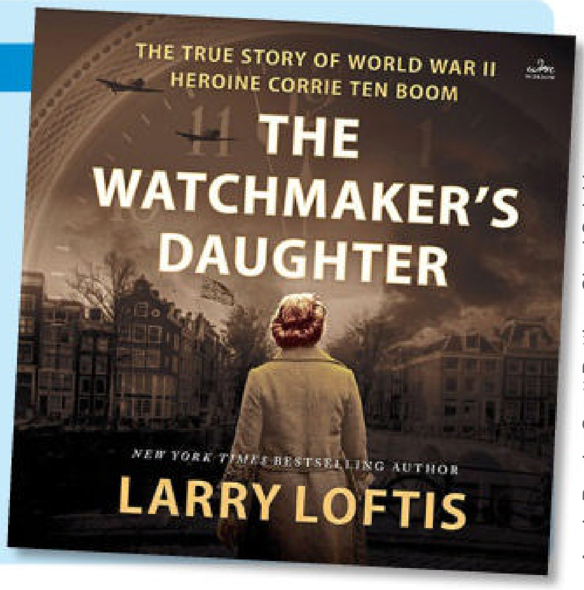
Four Leaf Cleaver
by Maddie Day

This fun, festive whodunit centers on Robbie Jordan and the cooking competition being televised at her Pans 'N Pancakes restaurant. But when the show's producer is found murdered, it's up to Robbie to find the killer—or she could be next!

BIOGRAPHY

The Watchmaker's Daughter *by Larry Loftis*

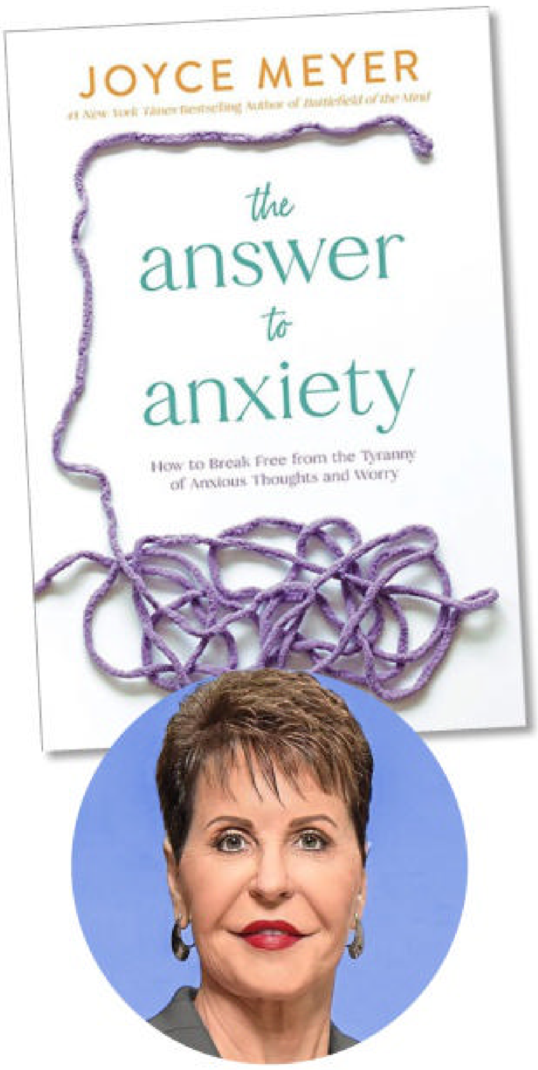
Following the life of Corrie ten Boom, a female Dutch watchmaker who sheltered Jews during WWII, this remarkable biography shows the true power of forgiveness and inspires readers to keep the faith.


THE TRUE STORY OF WORLD WAR II HEROINE CORRIE TEN BOOM
THE WATCHMAKER'S DAUGHTER
NEW YORK TIMES BESTSELLING AUTHOR
LARRY LOFTIS

Annie Brady; Scott Bottles; Chad Spickler

new books

Nonfiction


JOYCE MEYER
#1 New York Times Bestselling Author of Battlefield of the Mind
the answer to anxiety
How to Break Free from the Tyranny of Anxious Thoughts and Worry

CHRISTIAN

The Answer to Anxiety

by Joyce Meyer

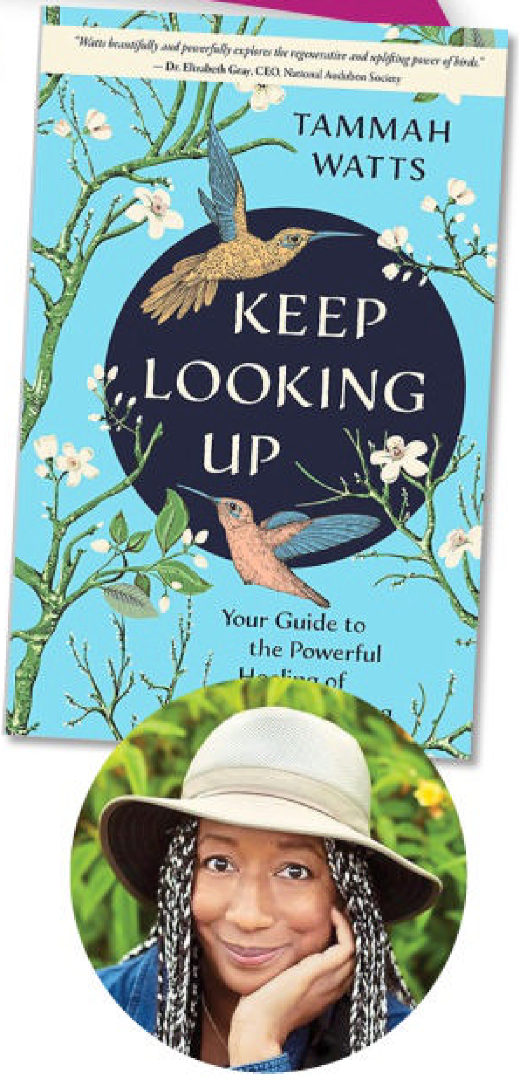
Sometimes it feels like worry and fear keep us trapped in a spiral of anxious thoughts. Thankfully, in her new book, beloved Bible teacher and author Joyce Meyer shares just how to confront anxiety head-on. With her signature wisdom and sharp wit, Meyer offers easy tips to implement on your own journey to help stop worry in its tracks—like the formula based on the Bible verse Philippians 4:6 for dealing with anxiety, and her five keys to overcoming worry. She reminds us that God will always provide, and we already have all we need to live a peace-filled life every day.

SELF-HELP

Keep Looking Up

by Tammah Watts

What if you could turn your yard into a therapeutic oasis? Licensed therapist and bird-watcher Tammah Watts says it's possible by simply observing our feathered friends. With practical how-to tips and warm insight, Tammah's book is a guide to exploring the mental and physical benefits of bird-watching. Through her own experience of how the hobby helped relieve her of chronic pain, she provides tools—like how to find birds to watch from your home and enhance mindfulness—for decreasing stress, depression and pain, while creating a connection with birds *and* yourself.


"Watts beautifully and powerfully explores the regenerative and uplifting power of birds."
—Dr. Elizabeth Gray, CEO, National Audubon Society
TAMMAH WATTS
KEEP LOOKING UP
Your Guide to the Powerful Healing of

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fatty15.com

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Platinum Peel by nū119 is the Must-Have Beauty Product of the Year that will help you remove callouses and rediscover smooth, supple skin—because self-care is always in style.

nu119.com

Make Wrinkles a Thing of the Past
This household item fills in wrinkles with ease and doesn't require cream! The perfect way to reduce signs of aging at home.

bhmd2.com

SHUTTERSTOCK

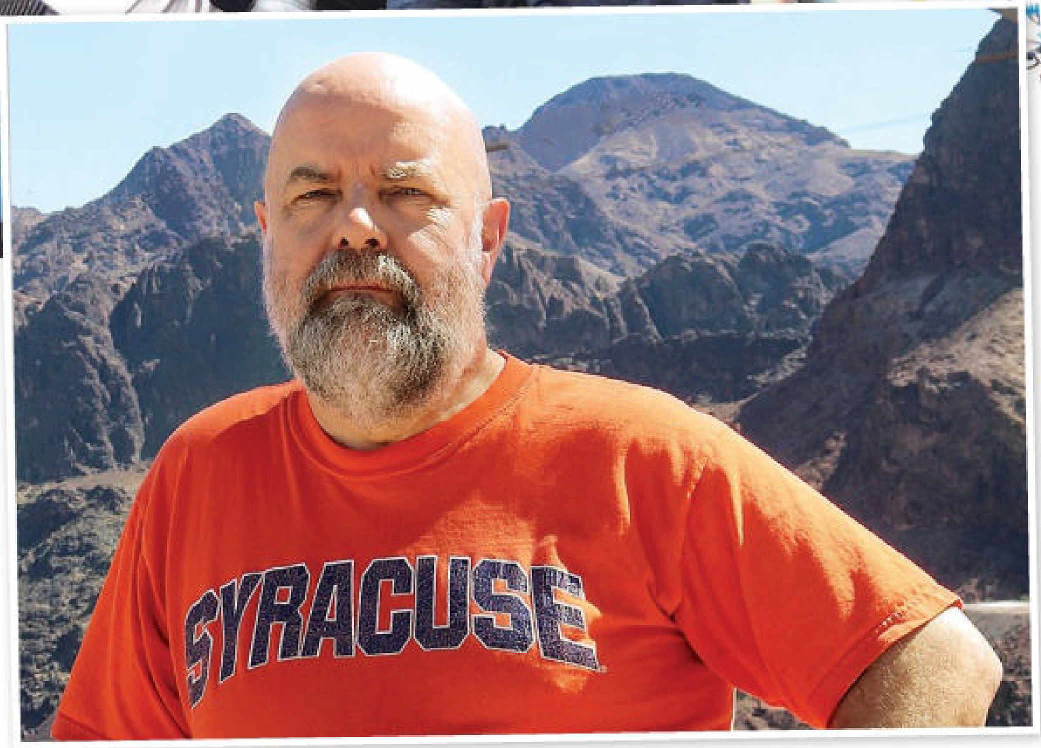
WW POWER OF LOVE

They're giving to families in need!

A church sermon inspired Jon Wright and his friends to share their blessings. When they learned there were children who didn't have beds, a mission took root in their hearts that now has thousands of families sleeping soundly

EQH
EQH
EQH
EQH
EQH
OPERATION

Since 2018, volunteers have delivered more than 3,200 beds to children in need



◀ "To be able to give hope to others is the most meaningful thing I have ever done," says Jon

Gathering after church one Sunday in the spring of 2018, Jon Wright and some friends were reflecting on their pastor's sermon about using their blessings to make a difference, and expressed a shared desire to find a way to make a positive impact in their Syracuse, New York, community. As they bounced around ideas, one member mentioned an episode of the Facebook show "Returning the Favor," which spotlighted a man named Luke Mickelson, who founded Sleep in Heavenly Peace, an organization that builds and donates beds to kids in need.

It's hard to imagine children not having a bed to sleep in, Jon thought, his heart clenching.

During the week, he and the rest of the group watched the show and also did some research. They were shocked to learn that, on average, an estimated 2% to 3% of kids in the U.S. are without beds, and many more are forced to share a bed with siblings, which can negatively impact their health and performance in school.

Discussing their findings, the group unanimously and enthusiastically decided, "Let's build beds for families right here in Syracuse!"

Labor of love

The group, led by Jon and another church member, Chris Hussak, quickly got to work coordinating volunteers to build and deliver beds and gathering resources to provide materials. They were deeply grateful when a local business owner offered space rent-free in his warehouse to assemble the beds.

It was hard work. Donated construction lumber needed to be cut to length, then sanded down and smoothed to be safe for tiny hands to touch. The pieces were then stained and constructed into a frame. Like

Shutterstock

beds and hope

Jon, who worked in IT, most volunteers had no woodworking experience. After two months of long nights and working through weekends, at the end of July 2018, the Sleep in Heavenly Peace Syracuse chapter was ready to make their first delivery.

Jon and his friends were excited thinking about the joy they were going to bring to a family. But they never expected to receive an invaluable gift of their own.

As his new bed was set up with new sheets and a cozy blanket, the 7-year-old boy stared incredulously. Then Jon handed him a squishy new pillow. Clutching it to his chest, the boy climbed onto the bed, a huge smile on his face. Jon's eyes stung, realizing what was an ordinary part of daily life for him was extraordinary for this young boy. And the look on his mom's face as she thanked them…

We're giving people more than a bed. We're giving them hope, he thought proudly.

> *"If you want to know true joy in life, my advice: Help others in any way you can"*

The joy of giving

As more beds were delivered, the messages of gratitude fueled Jon and the tireless team of volunteers and boosted support for their efforts. A local sewing group signed on to donate handmade items like quilts and pillowcases, and a local fastener company joined in and, to date, has donated tens of thousands of dollars in screws and lag bolts to build the beds. A snow plow company even plows the warehouse lot for free so weather never stops a delivery.

In the past five years, the group of nearly 50 regular weekly volunteers (there are also casual volunteers) has been the recipient of birthday bedding drives, bedding drives in paint stores, offices, churches and civic organizations. Scout troops have collected materials and supplies, and random strangers drop off items to make the beds as pretty as they are comfortable.

Since 2018, Jon and the team, now co-headed by Jeff Pitt, have delivered nearly 3,200 beds. Families with kids ages 4 to 17 who are sleeping on the floor or on a couch or in a bed with multiple children can apply or be nominated on their website (shpbeds.org/chapter/ny-syracuse/).

Jon recently met with a mother and son who are refugees from Ukraine. "There are times when you just know that this is something that really is meaningful. That you've touched somebody in a way that they needed to be touched," says Jon. "If you want true joy in life, help others in any way you can!" —*Gina Roberts-Grey*

The beds are handcrafted from wood

For many kids, this is their very first bed

How to give the gift of a good night's sleep!

1 *Donate your old bed!* If you have a bed in your home that isn't in use, consider donating your gently used bed frames, box springs or mattresses to those in need. Visit PickUpMyDonation.com, enter your zip code and select "Free Pickup" to answer questions about what you're donating, provide contact information and give preferred pick-up times. Then wait to be contacted so your pre-loved bed can be donated to a charity.

2 *Provide linens!* You can donate bedding and other textiles to the American Red Cross through its GreenDrop program. The charity takes gently used blankets, sheets and bed covers. Simply pack your items in a bag or box, then go to GoGreenDrop.com, click "How It Works" and bring it to your nearest drop-off location or schedule a pickup.

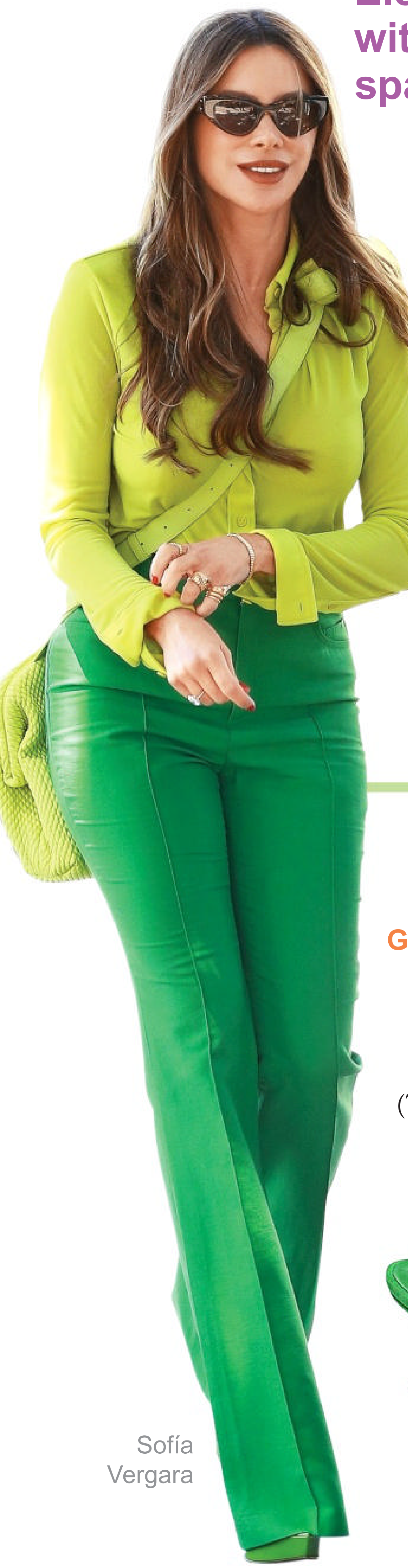
3 *Craft a sleeping mat!* Transform your plastic grocery bag collection into an easy-to-make sleeping mat for the homeless. Go to YouTube.com and search "plastic bag sleeping mat tutorial." Can't make your own? You can also mail your extra plastic bags to: Mats for a Mission at 55 S. View Dr., Depew, NY, 14043. Then join the Facebook group "Mats for a Mission" to see the team using your bags to help others.

We'd love to print *your* inspiring story! Email the story with your name, phone number and a current photo to: WWFeatures@WomansWorldMag.com. Or mail it to: Scoop, *Woman's World,* 270 Sylvan Ave., Englewood Cliffs, NJ 07632. By submitting your story, you are granting *Woman's World* permission to use it and your photo in the print magazine, on our website and/or in future special issue publications. Due to a high volume, we are unable to return submissions received.

WW TREAT YOURSELF

Luxe and lucky

Elevate your style and boost your good fortune with green and gold garments, chic shamrocks, sparkling horseshoes and bold rainbows



Sofía Vergara

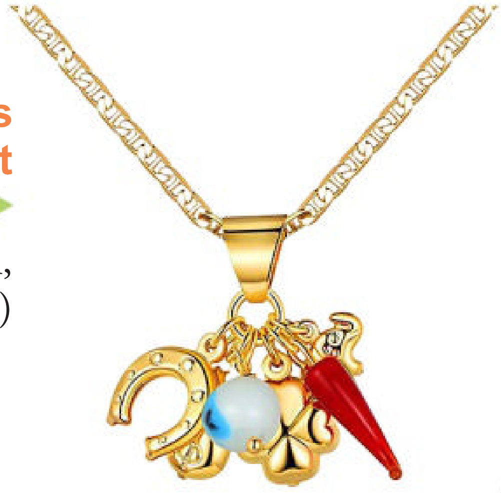
Steal Sofía's style! Green pants' toe-length hem elongates legs for a lean appearance

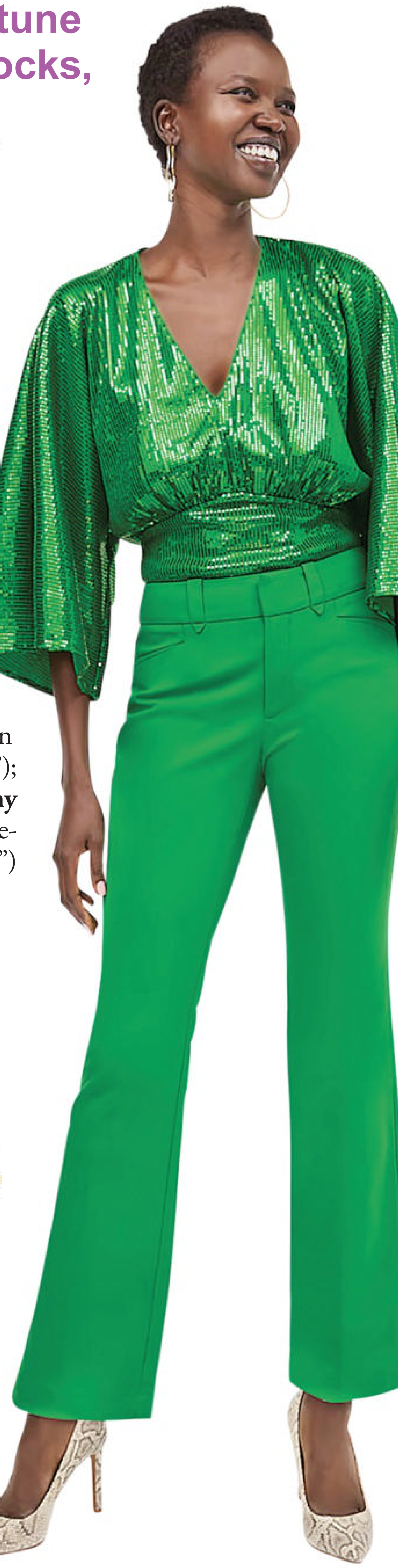
Get the look for less:

$47, River Island (RiverIsland.com, "Green Faux Bum Sculpt Flared Trousers")

Charm necklace comes in five sizes for all different neck lengths! ▶

$30, Barzel (BarzelJewelry.com, "Lucky Charms Pendant Necklace")



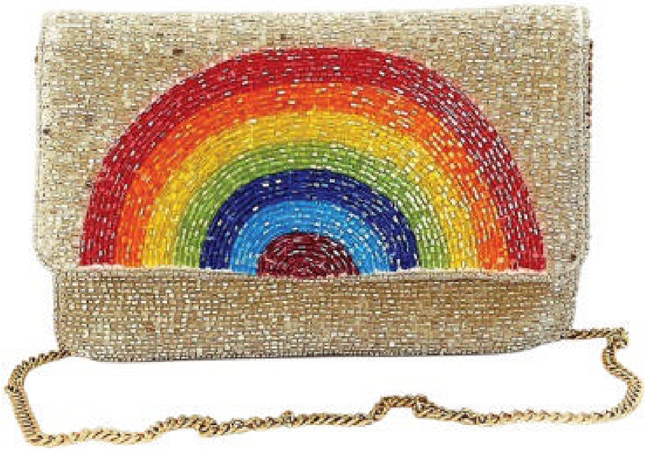


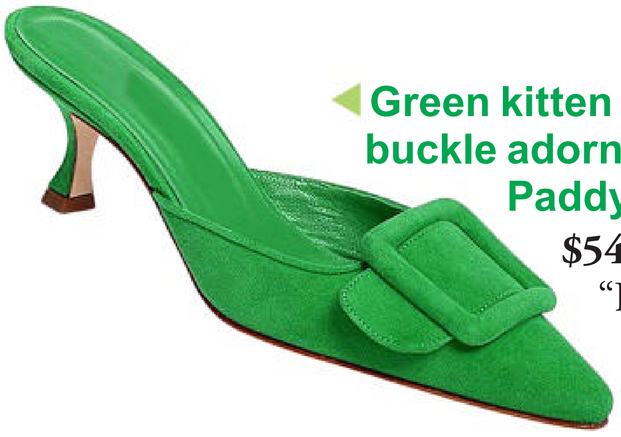
Bold green blouse paired with similar-toned trousers creates a column of color that 'stretches' the silhouette ▶

$27, New York & Company (NYandCompany.com, "Sequin V-Neck Kimono-Sleeve Top"); **$35, New York & Company** (NYandCompany.com, "Signature-Fit Mid-Rise Straight-Leg Pant")

Glittering rainbow clutch boasts a magnetic button-snap closure to keep essentials safe ▶

$43, Twine and Love (TwineAndLove.com, "Small Rainbow Clutch Purse")





◀ **Green kitten heels' leprechaun-style buckle adornment puts sassy St. Paddy's Day pep in each step**

$54, Axellion (Amazon.com, "Kitten Closed Toe Heels")

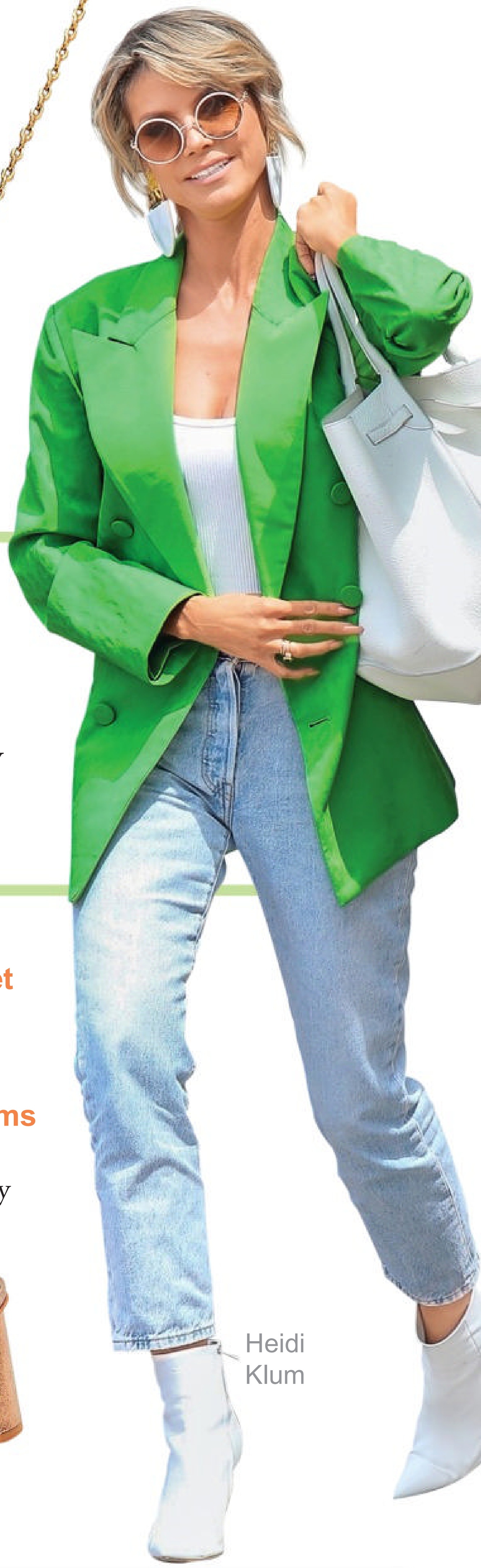
every day!

◀ **Shimmery green and gold clover earrings reflect light (and luck!) onto the complexion for a gorgeous glow**

$2, Shein (Shein.com, “Rhinestone Clover Drop Earrings”)

Horseshoe pendant dazzles up the décolletage ▶

$38, BaubleBar (BaubleBar.com, “Lucky Charm Necklace”)



Heidi Klum

Steal Heidi’s style! Emerald blazer adds pizzazz to a casual pair of pants

Get the look for less:

$60, New York & Company (NYandCompany.com, “Single-Button Oversized Blazer-Essential Stretch”)

◀ **Pleats add flirty, feminine style to a flowy gold skirt**

$39, Allegra K (Amazon.com, “Elastic Waist Party Metallic Shiny Accordion Pleated Midi Skirt”)

◀ **Two-row bracelet lights up the wrist with rainbow rhinestones and playful lucky charms**

$68, Betsey Johnson (Amazon.com, “Lucky Charm Bracelet”)

Gilded 3.25" block-heel shoe gives legs a comfortable and flattering lift ▶

$60, Dolce Vita (DSW.com, “Paily Sandal”)

Shine in a shamrock mani

It’s easy with 4 steps from Instagram’s @banicured_

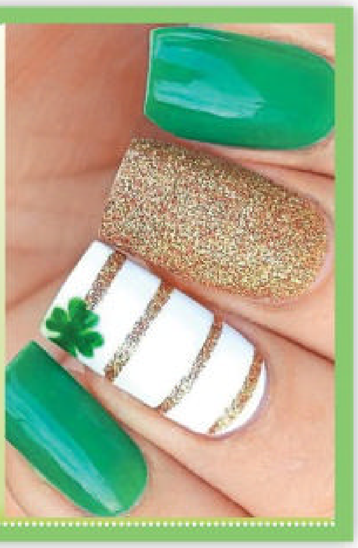
- ☐ **Green polish** *(like Revlon in Posh, $6, RiteAid.com)*
- ☐ **Gold polish** *(like Revlon in Jack Pot, $7, Walmart.com)*
- ☐ **White polish** *(like Revlon in Early Bird, $6, Amazon.com)*
- ☐ **Nail design brush set** *(like Nail Brush Set, $3, Shein.com)*

1 Paint thumb, index and pinkie finger nails with green polish, middle finger nail with gold polish and ring finger nail with white polish. Let dry.

2 Dip the nail brush into gold polish and use to paint 4 horizontal stripes across the white ring finger nail. Let dry.

3 Dip the clean brush into green polish and use to paint a four-leaf clover on the corner of the white nail. Let dry.

4 Seal all nails with a top coat.



Backgrid (2); Shutterstock. Text: Maggie Dillard

The double-duty secret to gorgeous

The latest beauty buzz on social media? Pampering your scalp *and* skin with the same ingredients. Discover how the new craze can beautify you from head to toe!

The term "scalp skinification" was coined to bring awareness to scalp health, says Francesca Fusco, M.D., a dermatologist in New York City who specializes in hair care. And it's gone viral on sites like TikTok and Instagram for good reason. "A healthy scalp nourishes hair follicles so hair is beautiful, full and strong," she says. And the easy way to achieve it is by giving the skin on our head the same attention and care as we give the skin on our face and body.

Ingredients traditionally used in skincare are just as effective when used on the scalp to target and reverse hair and scalp concerns, adds Shab Caspara, a New York City trichologist (hair, scalp and follicle expert) and founder of the hair-care website Leona.co. Best of all, using the same ones on skin and hair at once doubles the benefits! Read on for the remedies to a youthful-looking you, stat!

Beat hormonal breakouts + volumize limp locks

with glycolic acid

Glycolic acid whisks away oil, bacteria and dead, dry skin cells that accumulate in and clog pores, causing blemishes, while its anti-inflammatory compounds ease redness. Additionally, the acid's astringent properties rid the scalp of product buildup and other impurities that weigh down hair and make it to look limp.

TRY IT! On skin: Saturate a cotton pad with a glycolic acid toner (like The Ordinary Glycolic Acid 7% Toning Solution, Kohls.com) and swipe onto clean skin (avoiding contact with eyes) in the evening daily.

On hair: Apply all over a dry scalp, rub in and let sit 10 minutes before shampooing. Tip: Use no more than once a week as overuse can dry the scalp.

Soften rough patches + nix dandruff *with aloe*

Antioxidants in the plant moisturize and heal parched skin, while its antifungal agents kill dandruff-causing scalp fungus.

TRY IT!

On skin: Apply 1 Tbs. of aloe vera gel onto dry skin; let absorb. **On hair:** Rub 1 Tbs. of the gel on a clean, damp scalp; rinse after 15 minutes.

Firm skin + calm a sensitive scalp *with baobab oil*

The oil's *phytosterols* help firm skin, and its unique compounds reduce irritation and itchiness to soothe a sensitive, inflamed scalp.

TRY IT! On skin: Rub 2 drops of the oil onto skin; let absorb. **On hair:** Mix 3 drops and a dollop of conditioner. Apply to damp hair; rinse after 10 minutes.

Shutterstock (4); Getty (2); Robert Milazzo. Text: Lauren Blum

De-puff under eyes + reverse thinning *with caffeine*

Diuretic caffeine improves circulation to expel fluids that pool underneath the eyes. And when massaged onto the scalp (the rubbing encourages growth-enhancing circulation), caffeine has been shown to remove buildup of the hair-loss hormone *dihydrotestosterone* (DHT), regrowing hair as effectively as Rx minoxidil.

TRY IT! On skin: Soak a cotton pad in cooled, brewed caffeinated coffee. Place under eyes for 5 minutes, then rinse. **On hair:** Pour 1 cup of cold coffee onto the scalp, massage in for 1 minute, then rinse after 15 minutes.

Smooth wrinkles + thwart excessive shedding *with peptides*

Peptides stimulate collagen output to smooth skin wrinkles, and when used on the scalp, they fortify follicles at the root to prevent fallout.

TRY IT! On skin: Apply a peptide serum (like The INKEY List Collagen Booster Firming Peptide Serum, Sephora.com) onto a clean, dry face twice a day. **On hair:** Mix 2 pumps of the serum with a dollop of shampoo, then wash hair as usual.

Beautifiers that do double duty from the inside out!

To lighten scars + close a wide part

Apple extract's antioxidants reduce scarring, while its *procyanidin* fortifies hair at the root to thwart shedding. ***Try:*** New Nordic Hair Volume (CVS.com).

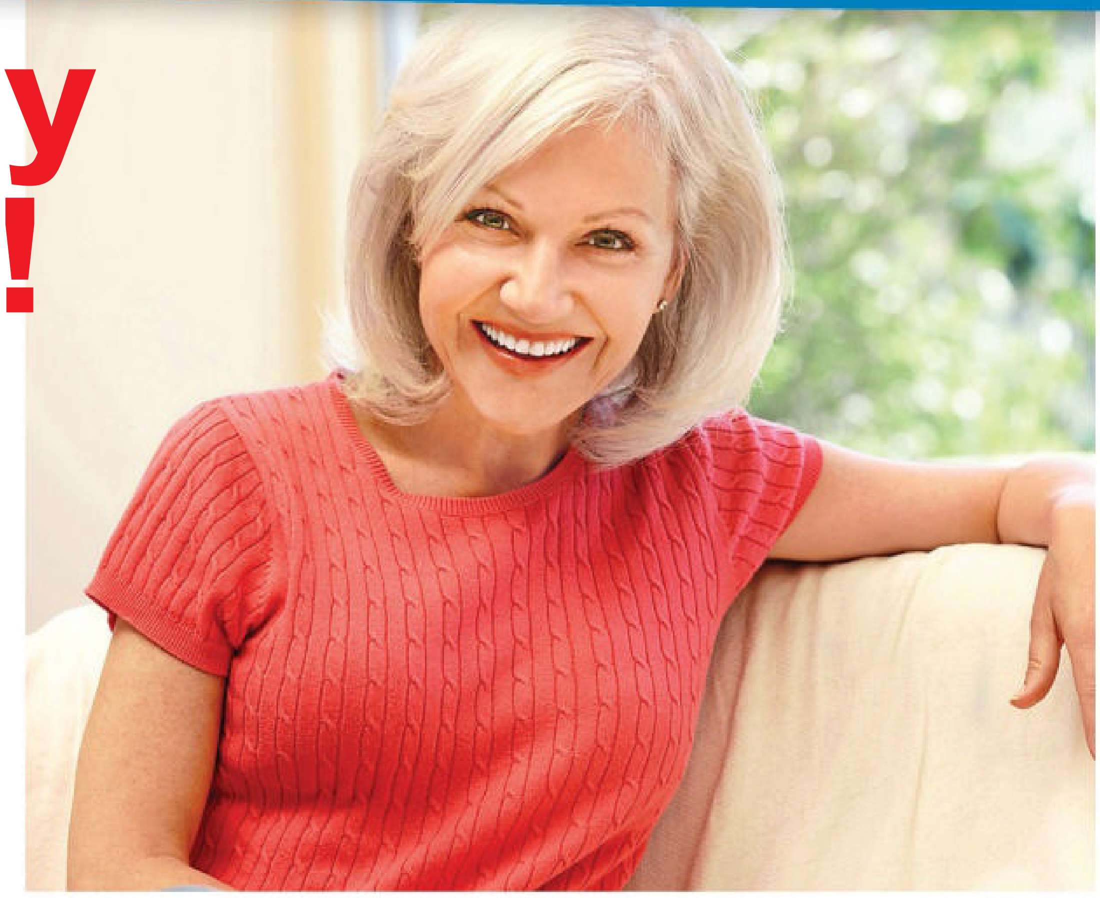
To nix age spots + fill in bald patches

Compounds in marine proteins brighten skin to fade discoloration and spur hair growth to fill in pesky bald spots. ***Try:*** Viviscal Hair Growth Supplement (Ulta.com).

To boost radiance + add lock luster

Flaxseed oil's *linoleic acid* increases blood flow to skin for a radiant glow while also hydrating hair for added shine. ***Try:*** Vitacost Flaxseed Oil (Amazon.com).

Give your body a youth boost!



Build muscle, strengthen bones and boost fat burning by 160% all without hitting the gym? Sounds too good to be true, but optimizing your levels of *human growth hormone* (HGH) does all that and more! In fact, HGH is so vital to keeping you healthy well into your golden years that experts have dubbed it the "youth hormone." And though HGH production dips by up to 50% by your 50s, it's easy to lift levels naturally. Just…

✓ Enjoy chicken piccata

Or savor a juicy steak for dinner. Both delicious dishes are top sources of *glutamine,* an amino acid that's needed for the body to produce HGH. In a study published in *The American Journal of Clinical Nutrition,* folks who increased their glutamine levels by 2 grams (the amount in one serving of beef or chicken) also boosted their HGH levels by 68%. Other tasty foods rich in glutamine: salmon, eggs and cheese.

✓ Try the three-song trick

Physical activity triggers changes in the *sympathetic nervous system* that enhance HGH secretion. And it doesn't take lengthy workouts in the gym to reap the benefits. In fact, Mayo Clinic findings reveal that simply enjoying three 10-minute bouts of easy activity daily (like dancing in your living room for about three songs or puttering around the house) boosts HGH levels by 81%. That's an effect up to 50% better than exercising continuously for 30 minutes. Experts explain that breaking up activity lowers stress on the pituitary gland, improving its ability to pump out HGH.

✓ Indulge in a warm soak

Enjoying a steamy bath is more than just a cozy way to relax after a long day. According to Japanese investigators, it has the power to increase growth hormone levels by a whopping 386% in just 10 minutes. Researchers explain that immersing your body in heated water stimulates potent *thermoreceptors* in the skin. These receptors send signals to the brain region that produces compounds that enhance HGH release. Tip: For best benefits, sink down in the tub until the water almost reaches your chin. Slovakian research suggests that the more skin you cover with hot water, the higher your HGH boost will be.

✓ Consider *this* sleep supplement

Skimping on slumber can sabotage HGH levels since up to 70% of the hormone's production occurs while you're asleep. In fact, Penn State experts found that sleep deficits drove the hormone down to undetectable levels. To catch more Zzzs and send your HGH levels soaring, take 1 to 3 mg. of *melatonin* 30 minutes before bed. Baylor University findings suggest that supplementing with the sleep-inducing hormone increases HGH levels by 137%. *—Melissa Gotthardt*

Tangy Lemon Chicken Piccata

2	tsp. minced garlic
1	Tbs. olive oil
¼	cup chicken broth
½	cup low-fat sour cream
1	Tbs. capers
1	Tbs. lemon juice
4	boneless chicken breast halves
2	tsp. Greek seasoning

1 In skillet, heat garlic and oil over medium heat; cook 2 min. Add broth. Let simmer until reduced to 1 Tbs., about 5 min. Add sour cream, capers and lemon juice. Let simmer 3 min. Season with salt and pepper; reserve.

2 Coat chicken with cooking spray; sprinkle with seasoning. In pan over medium-high heat, cook chicken, turning once, 8 min. Let sit 5 min. Serve with prepared sauce. *Serves 4*

The nutrients in this classic dish increase levels of human growth hormone by 68%

Note: Check with your healthcare provider before supplementing

Hear so much better—for so much less!

Audiologists have great news for the 42% of folks over age 50 with hearing loss: You don't have to spend thousands on pricey hearing aids, OTC products or doctors' visits to hear as sharply as you used to. These affordable options work just as well at a fraction of the cost!

Clear ear canals… *with olive oil*

For 66% of us, a buildup of earwax can narrow ear canals, hampering hearing. The fix: Apply warmed olive or mineral oil into each ear once a week. University of Oxford scientists say it works as effectively as $30 drugstore earwax kits, but for just 2 cents an application. To do: Lie on your left side over an old towel and squeeze a few drops of warmed olive or mineral oil into your right ear. Relax for a few minutes, then turn and repeat in your left ear.

Calm inflammation… *by opening a window*

Closing up your house over the winter put you in close contact with household allergens. This causes the body to release *histamine* that clogs "middle ears" where sound is processed. Instead of the added cost (and potential side effects) of using antihistamines, open your windows for 2 minutes before bed. Canadian research shows doing so creates a cross-breeze that sweeps out up to 45% of allergens that hamper hearing.

Restore your filter… *with earbuds*

More than 33% of folks over age 65 have trouble homing in on conversations. Luckily, using noise-canceling earbuds (like the kind you'd use to listen to music) can sharpen your hearing nearly as well as custom prescription hearing aids that can cost $1,000s, a new study in *iScience* found. And earbuds are just a fraction of the price at $249! Experts say using an app to switch on your earbuds' background-filtering feature (like Live Listen for iOS or Google Sound Amplifier for Android) dims background noise while amplifying the sound of voices. *—Ann Green*

Natural relief for tired, achy legs

If your legs often feel sore and tired, it could be *peripheral artery disease* (PAD). Caused by narrowing of the arteries that leads to poor circulation in your extremities, PAD affects 6.5 million folks over 40. And those with hypertension, high cholesterol or diabetes have an increased risk. These natural fixes can help

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✓ Play a game

Walking for 30 minutes a day eases pain, but it can be difficult when your legs already ache. A workaround: Try a "start/stop" style of walking, as if you're playing the childhood game "red light, green light." Walk until you're moderately uncomfortable, then stop and rest. Once the discomfort is gone, start walking again. This boosts blood flow by up to 50% in folks with PAD, per a study in the *Journal of Vascular Surgery.*

Is it PAD?

Mayo Clinic experts advise talking to your doctor if you have any of these symptoms:

- Coldness in lower leg
- Leg or foot numbness
- Painful leg cramps
- Shiny skin on the legs
- Slow toenail growth
- Sores on feet or legs

✓ Cozy up with coffee

Japanese researchers found that people who drank 5 oz. of caffeinated coffee daily increased blood flow by 30% compared to decaf drinkers. Coffee helps the inner lining of blood vessels work better and reduces inflammation. This allows blood to flow more freely, curbing PAD pain.

✓ Nibble on chocolate

Northwestern University scientists found that when folks ate 45 grams of cocoa daily for six months, they could walk farther than those who didn't. Cocoa's antioxidants improve blood flow to the legs to ease pain. Add ⅓ cup of cocoa powder to a smoothie or eat 1.5 oz. of 85% dark chocolate daily.

✓ Try an ancient remedy

A study in *The American Journal of Medicine* found circulation-boosting ginkgo biloba eased *claudication,* pain caused by poor blood flow that affects those with PAD. And German scientists found folks who took 120 mg. of ginkgo biloba daily could increase their walking distance by 42%. *—Alex Fulton*

60-second GI cures that work

Dietary shifts and rich foods (hello, St. Paddy's Day!) leave 72% of us with at least one GI complaint. Luckily, these speedy fixes can help

Stomachache?

Grab a heating pad

British scientists say that when placed on the skin of your abdomen, heating pads deactivate pain at a molecular level the same way prescription painkillers do—but without the side effects. And the lowest setting on your pad is high enough to block pain receptors, beginning to dull their ability to telegraph GI pain in as little as a minute.

Heartburn?

Turn on the tap

If you feel heartburn coming on, sip a glass of water with lemon juice. Research in *Digestive Diseases and Sciences* found water resets the stomach's acid balance, easing heartburn in 60 seconds. That's as good as meds! And adding juice from half of a lemon alkalizes the water, increasing the benefit.

Gas?

Move your hands

To dodge a gas attack, slip your hands into your back pockets. Research in the *American Journal of Gastroenterology* suggests this instantly lengthens your spine, taking pressure off your intestines. This opens up bottlenecks in your gut and encourages gas pockets to redistribute, reducing gas by 50% almost instantly.

Constipated?

Press here

The moment you sit down on the toilet, take a clump of toilet paper and hold it with firm, steady pressure on your *perineum* (the area between your anus and vagina). Release and repeat three times. A University of California study found this got things moving instantly for 72% of folks. And 82% of study participants were so happy with the technique, they continued using it after the study was done. —*Ann Green*

Tip!

Taking a whiff of lavender essential oil reduces nausea by 82% within minutes, say Turkish researchers

Block bloat

Giving thanks before eating wards off uncomfortable bloat, suggests Harvard research. Your gut and your brain are linked via the *vagus nerve,* which keeps them in constant communication. And prayers—especially prayers of gratitude—trigger a relaxation response that tames bloat-triggering stress hormones.

Shutterstock; Jump

Stay Young *with* **WW**

Emerald Isle anti-aging keys

These pampering Irish staples work wonders to soothe aging skin woes

To thicken thinning hair

Try a stout beer rinse. The beer's protein strengthens strands at the root to thwart shedding so hair looks fuller. ***To do:*** Once a week, pour a bottle of stout beer onto damp hair and rub into scalp for 1 minute. Let sit 5 minutes; rinse.

To brighten skin

Choose a comfrey salve. The Irish herb's *allantoin* boosts cell turnover for brighter skin. Adding in yogurt (its *lactic acid* exfoliates) speeds results. ***To do:*** Mix 3 drops of comfrey oil and 1 Tbs. of yogurt. Apply to skin and let sit 10 minutes; rinse.

To slim a double chin

Opt for an Irish seaweed mask. Its iodine increases circulation to flush excess fluids under the chin. ***To do:*** Mix 1 Tbs. of Starwest Botanicals Kelp Powder (Amazon.com) and 1 Tbs. of water. Rub on paste and let sit 10 minutes; rinse.

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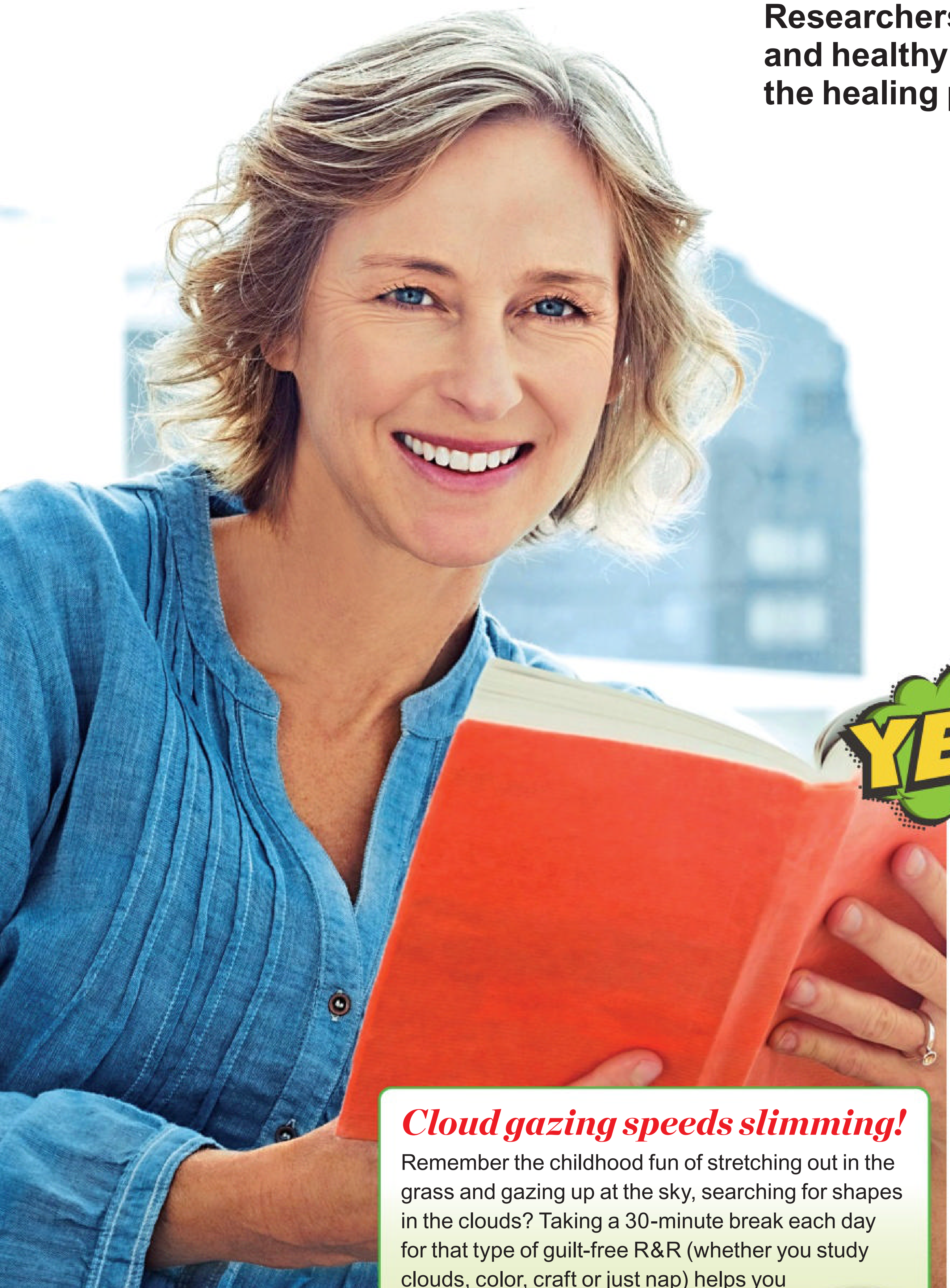
How memories

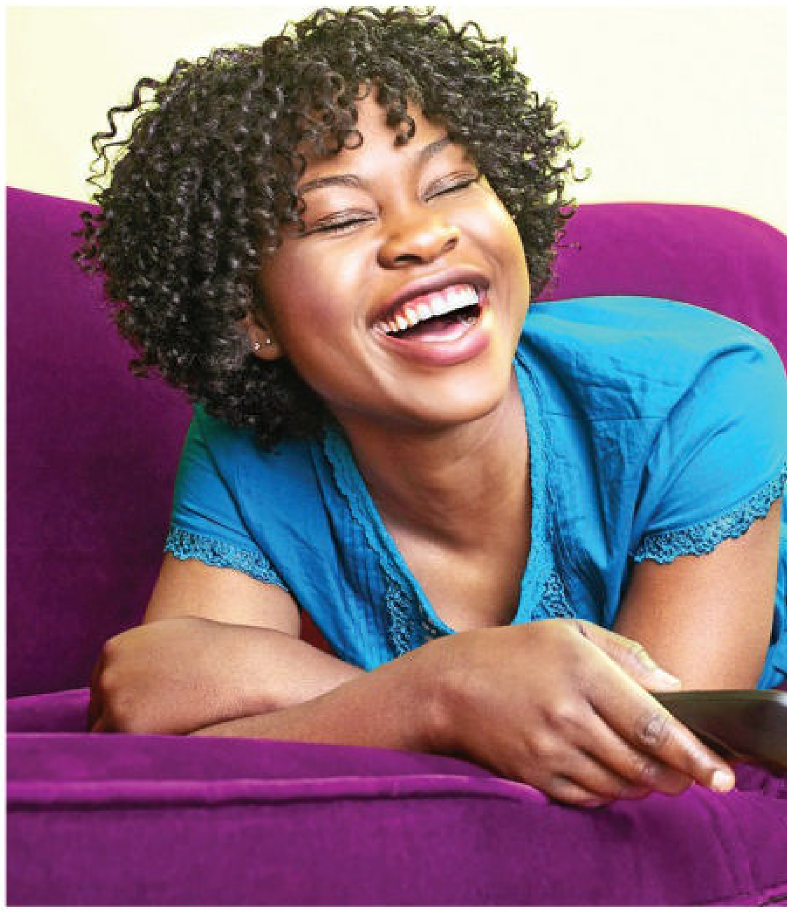
Researchers say staying calm, energetic and healthy is as easy as tapping into the healing power of nostalgia



Restore stamina by reading *Anne of Green Gables*

Can't decide whether to start reading a new book or cozy up with one you've enjoyed before? If you're feeling tired and foggy, you'll get a bigger energy boost by reaching for the old favorite, say University at Buffalo researchers. That's because getting lost in a familiar setting with characters you already love and a plotline you already know energizes a focus-sharpening brain region know as the *prefrontal cortex*.

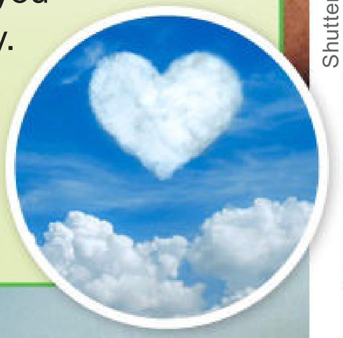
OR RSVP YES! Regularly enjoying a chat or coffee date with old friends lessens tiredness by as much as 60%, University of Michigan scientists say. They explain that connecting with people who added joy to your youth prompts the release of the energizing hormone *dopamine*, renewing your vim and vigor.



Shutterstock (9); Getty (2). Text: Brenda Kearns

Cloud gazing speeds slimming!

Remember the childhood fun of stretching out in the grass and gazing up at the sky, searching for shapes in the clouds? Taking a 30-minute break each day for that type of guilt-free R&R (whether you study clouds, color, craft or just nap) helps you slim 33% faster, Danish scientists say. Even brief moments of calm signal your nervous system to switch off its production of metabolism-slowing stress hormones.



make you healthy!

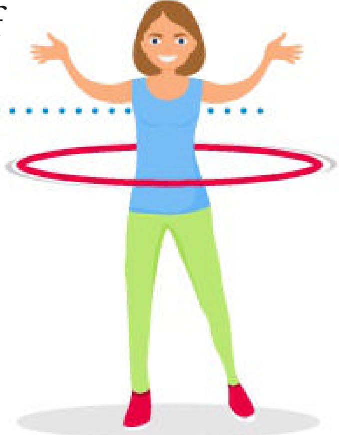
Deepen sleep
with jelly beans

Tootsie Rolls, Sweetarts, jelly beans… whatever classic treat still makes your mouth water, savor a few pieces about 30 minutes before lights-out. Doing so could help you drift off 48% faster and cut your risk of middle-of-the-night awakenings in half, Australian research suggests. Investigators say the credit goes to the brief blood-sugar spike that comes from snacking on these simple carbohydrates, which prompts the release of the calming, sleep-deepening hormone *serotonin.*

OR GRAB GRANDMA'S QUILT! Spending a little time each evening wrapped up in a loved one's cozy creation (or even just a heavy comforter) does more than help you relax and unwind: University of California researchers reporting in the journal *Cell* explain that warming the skin activates unique brain nerves known as *warm-sensitive neurons.* When stimulated, these soothing nerves then help usher in deep, restful sleep.

Erase achiness
with Trisha Yearwood

Remember the thrill of hearing your favorite song on the radio? Listening to old hits can quash aches better than painkillers by calming pain nerves and increasing pain threshold, say University of Idaho researchers.



OR HULA-HOOP! Moving for 2 minutes each hour, whether you stretch, stroll or Hula-Hoop, loosens muscles to cut pain by up to 58%, U.K. scientists say.

Prevent illness
with *The Princess Bride*

Carving out a little time each day to watch movies or TV shows that you loved in your youth, such as *The Princess Bride* or *Happy Days,* reduces your risk of a spring illness by 50%, Swiss scientists say. Plus, it'll help you recover in half the time if you're under the weather now. The calm, happy mood that these familiar shows foster tamps down your adrenal glands' release of immunity-weakening *cortisol.*

OR PLAY MONOPOLY! Playing childhood board games like Monopoly, Chutes and Ladders or Trouble (or even hosting a weekly game night) keeps colds and viruses at bay. Carnegie Mellon University scientists say happy times energize immune cells, cutting illness risk by up to 50%.

Banish stress
with a Slinky

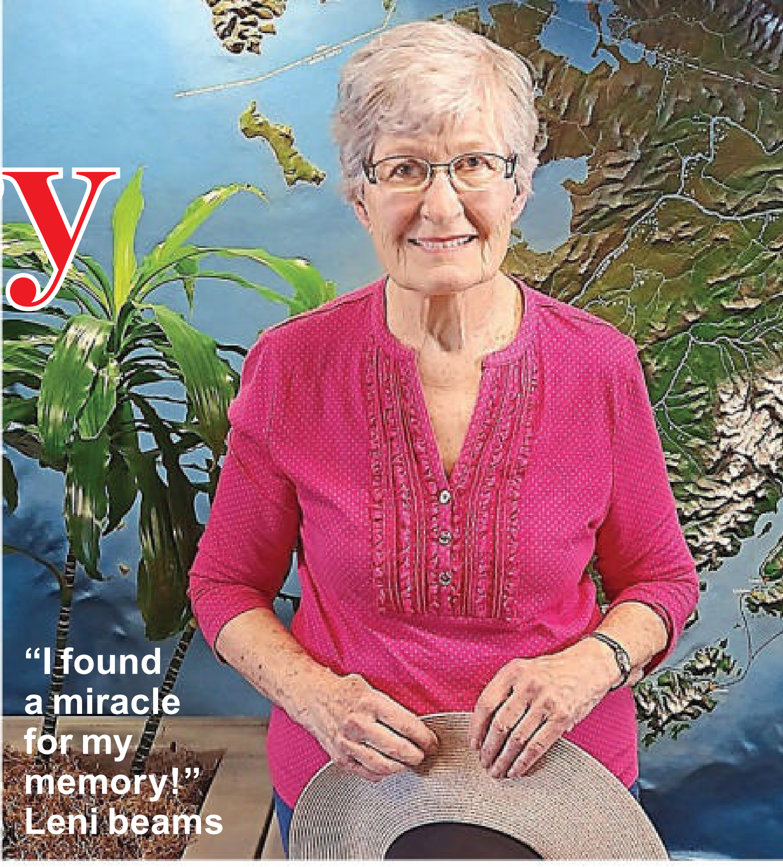
Touching a toy that reminds you of your youth, such as a Slinky or sock monkey, curbs stress in as little as 5 minutes, say North Dakota State University scientists. Focusing on the look and feel of a toy that brings back happy memories spurs the release of calming alpha brain waves that melt away worries.

OR TRY *THIS!* Holding a warm, damp washcloth to your face tames tension in 15 seconds. Saint Louis University scientists say it activates nerves that send "stay calm" messages to your brain.

WW HEALTHY LIVING

“My memory is better than ever—at age 86!”

When Leni Hayes began constantly forgetting things, she was scared her independence was on the line. But then her daughter introduced her to a fruit extract that has her sharper than ever!


“I found a miracle for my memory!” Leni beams

“Oh, no” Leni Hayes sighed as she retrieved her car keys from the freezer. “How did these get here?” For the 86-year-old Washington resident, moments like this were becoming more frequent, and she often had to search for words and misplaced items and was embarrassed to admit she’d left her purse behind at the store a few times.

A retired nurse, Leni wondered, *What is wrong with me?* Except for a diagnosis of *atrial fibrillation,* a type of heart arrhythmia that causes an irregular heart rate and poor blood flow, she had always enjoyed excellent health. And though she knew her condition could lead to cognitive decline, her doctor assured her that the blood thinners he had prescribed would help combat the risk.

> *“Mangiferin’s anti-inflammatory properties help improve brain function”*
>
> —Fred Pescatore, M.D.

Leni was also doing everything she knew to protect her brain health: daily walks, gardening and socializing.

But when she started being unable to balance her checkbook or follow beloved recipes, panic set in. “I can’t lose my independence!” she despaired to her children, who had also noticed the worrying changes. “I have to find a solution—and fast!”

A sweet cure

At a lunch outing the following week, Leni’s daughter pulled a bottle from her purse and gave her a comforting hug. “I think this may help,” she said, explaining that the supplement (Life Extension Brain Fog Relief, $19, LifeExtension.com) contains 300 mg. of mango leaf extract. This potent source of the polyphenol and antioxidant *mangiferin* helps protect the brain by reducing oxidative stress and inflammation while providing neurotransmitter support.

Looking into mango leaf extract a bit more, Leni found that studies had shown mangiferin increases activity in regions of the brain associated with cognitive processing, attention and memory, and has been shown to boost cognitive function, mental alertness and reaction time for up to 6 hours.

For days, Leni stared at the bottle, when finally, she realized: *What have I got to lose?* After clearing it with her doctor, Leni began taking a capsule with breakfast. She was unsure if it was helping at first, but after the first week, she was pleasantly surprised to notice that she recalled the names and faces of people she met on her walks with ease, and daily tasks like cooking and paying bills were no longer a challenge.

Thrilled with the results, Leni continued to take her mango extract every morning, and today, the octogenarian feels sharper than ever. “I never want to be without it,” Leni says, beaming. “It is truly a miracle!”

—Monica Romano

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More ways mango leaf extract can improve health

✓ Regulates blood sugar

Mangiferin (found in mango leaf extract) prods the pancreas to release a steady supply of insulin, and researchers have found that taking it daily slashed the blood-sugar spikes that can trigger cravings and fatigue by 57%.

✓ Jump-starts metabolism

Scientists at Stanford’s School of Medicine say mangiferin helps predigest fatty foods, freeing up the liver to focus on crucial tasks like boosting fat burn and flushing out metabolism-slowing toxins.

✓ Repairs skin

A powerful antioxidant, mangiferin promotes the healing of damaged skin cells and speeds the growth of healthy new tissue, say University of Hawaii researchers. The result? A youthful glow and fewer wrinkles.

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Cozy carb

TikTok is going crazy for this dough that makes metabolism burn 5x hotter—and can help **melt up to 10 lbs a week**

Over 430 million fans can't get enough of the internet's most famous dough—and it's no wonder: The ultra-easy recipe requires just two inexpensive ingredients, and it bakes into bagels, pretzels, pizza crust, even donuts that are delicious *and* slimming. Yep, you read that right. Dough devotees, including many who follow the Weight Watchers program, tell us the stuff is helping them lose 5, 7, 10 pounds a week. "You'll flip over how good everything tastes," promises one popular food blogger, whose fans have shed up to 200 pounds apiece. And it's not just foodies who are excited. This is a bandwagon health experts really hope we'll jump on…

Check out the basic dough recipe (bottom right), and the ingredients seem humble enough—it's just Greek yogurt plus self-rising flour. So why do they come together to work magic? For starters, baked goods made with this simple dough weigh in at less than half the calories of traditional options. For example: "There are approximately 150 calories in a miracle bagel versus 400 calories in a typical bagel," shares Frances Largeman-Roth, R.D.N., co-author of the bestselling *Carb Lovers Diet.*

But there's so much more to it than just calories. Each "miracle" creation packs the flavor of your favorite deli bagel or donut-shop pastry but with 90% fewer carbs and a whopping 250% more protein. And that shift gives us both expected and surprising advantages when it comes to burning fat.

Why fat burning soars

By now, most of us have heard that "carb bomb" foods like white bread, bagels and pretzels tend to cause blood-sugar spikes that drive hunger and promote fat storage. Eat a lot of them, and experts

IT WORKS!

Diane lost 52 lbs!

Looking at a photo of herself from her grandson's graduation, "I was shocked," remembers Delaware retiree Diane Hatfield-Zencak, 67. "The extra pounds kind of snuck up on me. But as soon as I saw that picture, I knew it wasn't healthy." After pulling out her old Weight Watchers materials, she stumbled on the *Dish with Dee* YouTube channel. "I knew I had to make her bagels because I always miss bagels when I'm trying to eat better." The dough seemed too sticky at first, "but I was thrilled by how they turned out!" They were ultra-satisfying topped with light cream cheese, and Diane also seemed less hungry after eating one. Soon, she was experimenting with miracle dough pizza and dough-topped casseroles. "It really helped keep me on track. I make dough and freeze it so I always have it ready." So far, Diane has lost 52 pounds. "I get to have my bagels and shape up too!"

BEFORE

You can turn

Experts say that anytime you replace regular carbs with TikTok's protein-rich alternative, it helps boost health and weight loss. Want to lose at top speed? Use a free app, like the one at MyFitnessPal.com, to set a calorie budget, then aim to stay within that budget while enjoying miracle dough as your go-to swap for baked goods. That's all there is to it! As always, get your doctor's okay to try any new weight-loss strategy.

burns fat *fast!*

note they cause long-term issues that keep us chronically hungry, gaining weight and at high risk for diabetes and other problems.

So when you make over one of these bombs, and especially when you replace empty-calorie refined carbs with protein, “it’s a superb choice,” says women’s health expert Pamela Peeke, M.D., author of *Fight Fat After 40.* “You make it easier for your body to burn fat.”

One reason miracle dough works wonders: Research shows that our metabolism burns up to five times hotter as we’re digesting protein. And on top of that, protein delivers a flood of *leucine* and other amino acids that help firm our muscles and turbocharge metabolism, per Dr. Peeke.

The effect is so powerful, a Duke University team found that older women who get more protein are able to double their weight loss compared to women getting the exact same calories but less protein.

Bonus boosts

While no one is saying you can eat endless miracle bagels and slim down, the beauty is that they boost protein intake. And a higher protein intake decreases levels of our main hunger hormone while simultaneously increasing levels of three different appetite-suppressing hormones. So as we eat more protein-rich fare, we *automatically* want about 494 fewer calories a day, say researchers at the University of Washington.

Yes! The Greek yogurt in miracle bagels contains a special fatty acid that helps slash the risk of diabetes by about 60%, according to a study out of Harvard

Also a big factor: Those of us carrying extra pounds tend to get cravings at night. Interestingly, protein helps neutralize this urge. In one test, people who aimed to eat more protein cut cravings by 60% and the desire for late-night snacking in half. So miracle dough helps you eat less without trying!

Real-world wow

Dee Mulranen, star of the *Dish with Dee* YouTube channel, has a reputation for creating very tasty recipes you’d never know are lightened-up. She’s maintaining a 105-pound loss, but she still vividly remembers her first Weight Watchers meeting, when she heard early buzz about two-ingredient bagels. “I went home and made them for my first meal on my new plan,” she says. “I loved them!”

Not only were they satisfying, Dee also found that getting more protein helped shrink her appetite so she could painlessly eat within her “points” budget—something she’d struggled to do during previous attempts at Weight Watchers.

“My motto became, ‘Lose it like you’re going to live it,’” Dee recalls. “I looked for little changes I could make that felt good, that worked and that I could see myself sticking with indefinitely.” Miracle dough has definitely stuck. Dee created her own version (below) and uses it to make bagels, rolls, pizza and Danish.

“Everyone always wants to know about this dough,” Dee shares. “People can’t believe how easy it is, but that’s why it’s great. Because if something’s too hard, you’re not gonna do it.” Dee urges folks to try the dough. “You’ll be amazed!”

Miracle dough!

No self-rising flour? Add a dash of salt + 2 tsp. of baking powder to regular flour

- **1½ cups self-rising flour, plus more for kneading**
- **1 cup plain Greek yogurt**

Mix ingredients. On floured surface, gently form into a ball. For bagels, cut into 6 pieces, roll into ropes and form rings. For golden finish, brush with optional beaten egg. Add desired toppings. Arrange on a lined tray misted with cooking spray. Bake at 350°F degrees until done, 18–22 minutes.

***Dish with Dee’s* upgraded dough:** For a more flavorful and tender result, mix 1 cup self-rising flour, ½ cup drained Greek yogurt, 1 egg and 1 tsp. instant yeast. Cut into 4 pieces. Shape and top as above. Bake at 375°F until golden, 15–18 minutes.

two ingredients into slimming magic

DONUTS

Roll dough into 6 (9") ropes and form donuts. Mist well with cooking spray; air-fry at 350°F for 8 minutes, flipping halfway. Dust with sugar or desired sweetener.

PRETZELS

Roll dough into 6 (12") ropes and twist into pretzel shapes. Brush with beaten egg, add salt or desired toppings and bake at 350°F for 20 minutes.

PIZZA

On floured baking sheet, shape dough into a 12" round. Sprinkle with garlic salt. Add sauce and toppings. Bake at 400°F for 20 minutes.

Luigi Ciuffetelli. H&M: Genessa Lynn. Shutterstock (2); Adobe Stock (2). Text: Allison Nemetz

"*Help!* I can't handle negative criticism!"

Whether it's from a loved one or your boss, we've all felt the sting of hurtful feedback. But our experts promise we can grow from criticism and move forward with confidence

Be kind to *you*

You're not alone

Criticism often hits on things we're already insecure about, making it even more painful. "Many of us already second-guess ourselves or have the false belief that we're not worthy," says expert Melody Wilding. She advises reminding yourself this simply isn't true. "Recognize the universality of criticism by saying, *Everyone goes through this, and it was just my turn today.*" This mental shift broadens your perspective and helps you see that criticism doesn't reflect your value as a person.

Take a breath

Giving yourself a moment to breathe and sit with your emotions helps hurt feelings dissipate much faster, promises expert Sharon Martin. "Let it sink in a bit by admitting to yourself, *I'm really upset by this and now's not the time to respond,*" she says. Giving yourself some distance from the comments helps you feel more in control.

Tally your strengths

Focusing on what you value about yourself goes a long way toward offsetting negative feedback, promises expert Leslie Becker-Phelps, Ph.D. "Practice affirmations about specific attributes, such as *I'm an honest person* or *I'm a good friend.*" It's just as important to surround yourself with supportive friends and loved ones, she adds. "These connections make it easier to tell yourself you *are* valued so you can decide how much criticism you want to take in and what you want to let go of."

Bounce back

Depersonalize comments

"Take a piece of paper and create four columns," advises Wilding. In the first column, write exactly what the person said, not your interpretation. In the second, jot down everything you think they got wrong. In the third, include any helpful insights they may be giving you and, finally, in the fourth column, ask yourself what your next step is. "Maybe you'll discover there's something you can learn," she says. "This objective assessment helps you take criticism less personally."

Seek *more* feedback

"Look for lower-stakes opportunities to get feedback so you get used to hearing it," urges Wilding. For example, you might ask your supervisor what you could be doing better, or if you're working on a creative project, you might show it to friends before it's 100% done to get their opinions. "Proactively seeking out what people think makes criticism less scary."

Choose your response

Last, decide how or if you want to respond. "If the comments were valid, you might say, 'I really thought about what you said—it was hard for me to hear, but I think it's fair,'" says Becker-Phelps. "Also, be honest about how it affected you, by saying something like, 'You need to know it hurt my feelings.'" This opens the door to better ways of communicating. So rather than someone giving you a list of negative feedback, you might say, "'Why don't we set up a time to talk about X.' We *can* choose to grow from criticism."

Our expert panel

Melody Wilding, LMSW, author of *Trust Yourself: Stop Overthinking and Channel Your Emotions for Success at Work,* is an executive coach (MelodyWilding.com).

Sharon Martin, DSW, LCSW, author of *The Better Boundaries Workbook,* is passionate about helping perfectionists recognize their worth.

Leslie Becker-Phelps, Ph.D., author of *Bouncing Back from Rejection,* is a psychologist with a practice in Basking Ridge, NJ. More at DrBecker-Phelps.com.

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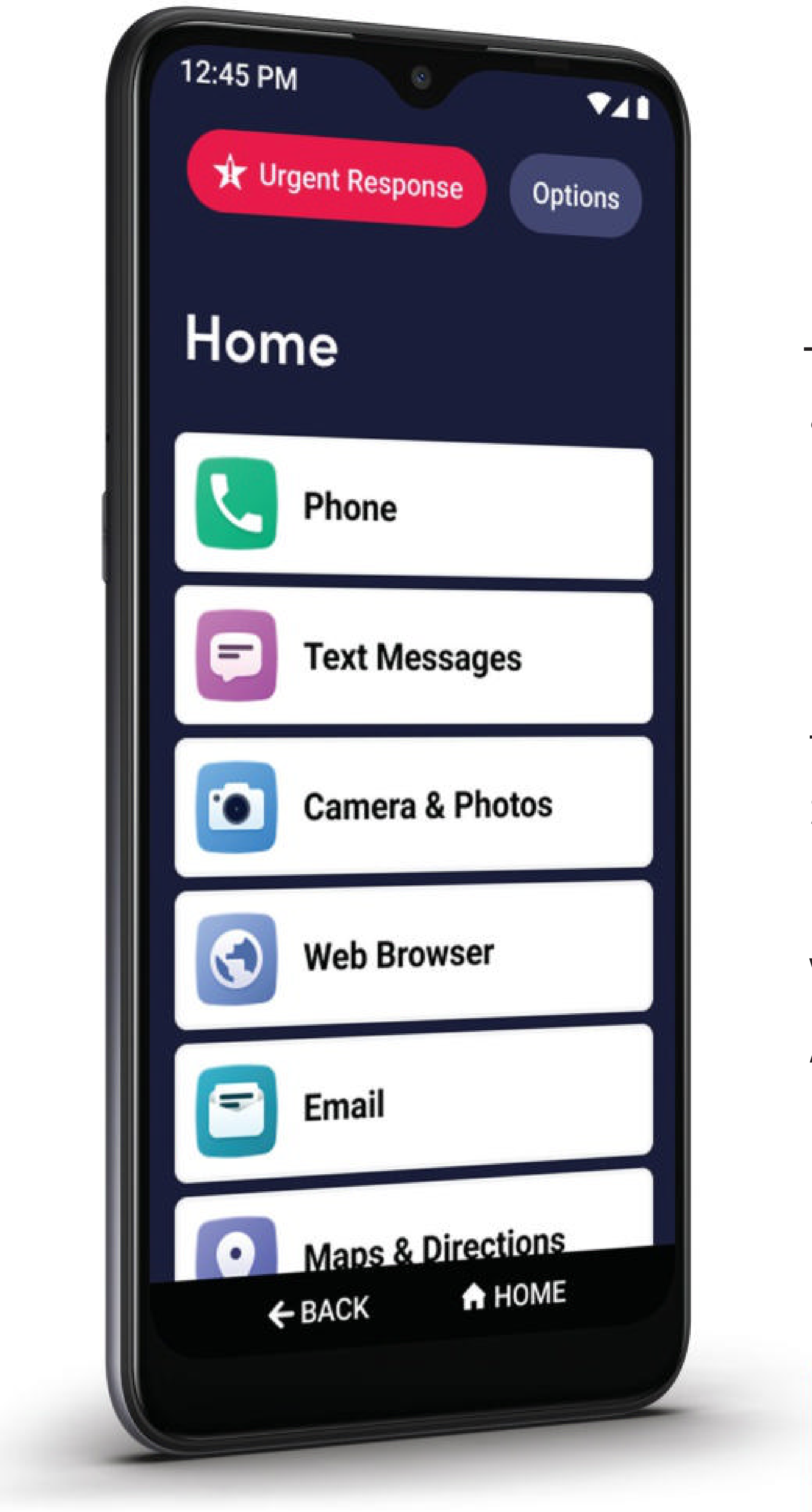

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“You are worthy

Multi-platinum country music singer and songwriter Sara Evans feels as fortunate as they come, with a world-class career, a family she loves and timeless hits like “Suds in the Bucket” and “Born to Fly.” But she has faced her share of adversity too, including body-image issues and periods of low self-esteem. Here, how resilience, rejecting perfectionism and focusing on her nearest and dearest keep her shining bright

By Deborah Evans Price

As St. Patrick’s Day nears, Sara Evans says she is feeling luckier than ever this year. “My niece, Milly, was born on St. Patrick’s Day, so it’s a special day for our family to celebrate,” she tells *Woman’s World.* “But I feel lucky every day! I have been given so much. God blessed me to be able to do music and have a wonderful family—I’m especially grateful for my children. They are the one thing I’ve done right!”

Though her son and two daughters, ages 23, 20 and 18, are her proudest accomplishment, Sara’s award-winning music and bestselling autobiography, *Born to Fly,* prove that she’s done many things right—often while facing challenges…as she is presently. “My life is just full of drama,” Sara admits. “I’m waiting for a breakthrough, as we all are in the world. Something’s got to give.”

That “something” these days is Sara’s tendency toward perfectionism. “I try to be the perfect everything: the perfect mom, wife, artist and perfect for my fans. I just give, give, give, and have a hard time expecting that in return or feeling it’s okay to take care of me.”

However, the 52-year-old is trying to take a bit back for herself. “I’m not busy like I was when my kids were younger. Now that they are almost grown, I’m walking the line of being their mom and their friend, and it’s really amazing!”

Of course, she’s also busy working on a new album and touring the country, including a headlining concert on August 17 at Nashville’s famed Ryman Auditorium that will celebrate the 20th anniversary of her hit album *Restless.*

Here, Sara shares her secrets to finding joy and contentment in all the changing seasons of life—no matter what comes your way.

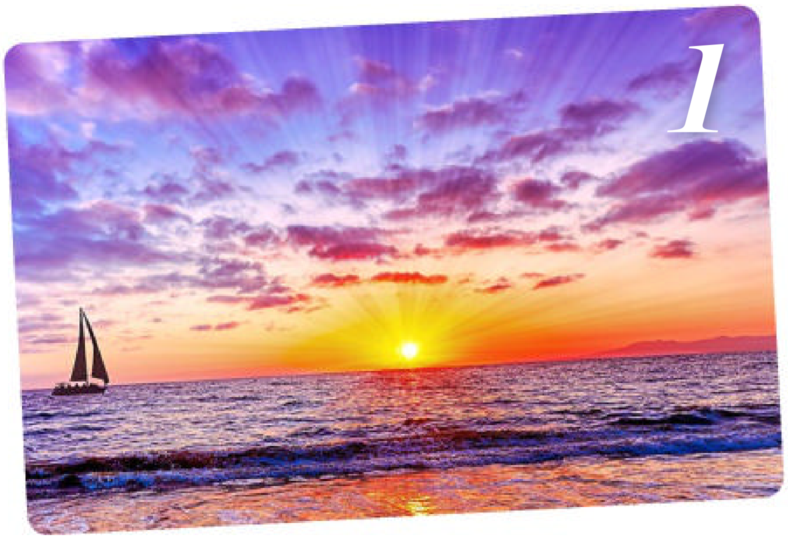
Sara performing at the Grand Ole Opry House in 2019

Sara Evans
COPY THAT

Don’t miss Sara’s new album!

Sara’s 10th studio album, *Copy That,* finds her breathing new life into her favorite classics, including Carole King’s “It’s too Late,” The Knack’s “My Sharona” and Patsy Cline’s “She Got You.” “I’ve always put cover songs on my records—they’re so fun!” Sara says. “My fans have been asking for a covers record for years. It’s my way of honoring these songwriters and musicians.”

# of love & joy!”



Lean into faith

“I absolutely do see purpose in pain and struggle, but I can get kind of tired of it,” Sara admits with a laugh. “Most of us now are struggling to reconcile everything that’s going on. It’s very bewildering, and there are days that I get really down about it. But the way I combat that sadness is by reminding myself that God is in control. I take a breath, pray and trust the Lord. I believe He cares about us and He is going to provide everything that we need. God is always protecting and providing.”

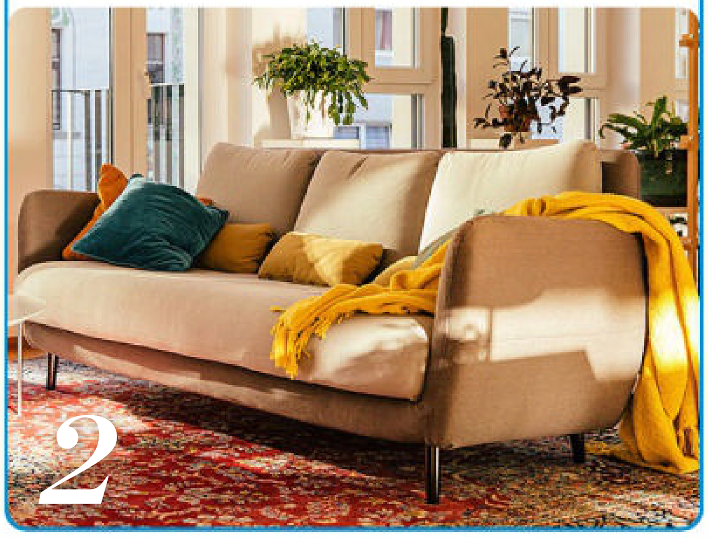
Four-legged pals like Stark bring light to Sara’s life

Find joy with furry friends

“Pets are the best!” Sara gushes. “We have these kittens, Egypt and Elon, that make our house so cozy. Then our dogs are Roman and Gypsy, and my daughter Audrey got a Doberman puppy for Christmas. His name is Stark. They just light up our house with so much joy!”

Take time for R&R

“I have a big couch at my house, and one of my favorite things is when my kids and I are all on it together,” Sara says of spending quality time with her son, Avery, and daughters, Audrey and Olivia. “When we are all on the couch together, watching a show we just love, that’s the best time for me. Sometimes we DoorDash food. We’re cozy and we all really love spending time together. I’m really proud of that as a mom.”



Lift others up

“Sometimes I tell myself, ‘You’ve got to stop thinking about yourself so much,’” Sara says of her mantra for living a happy life. “I have self-loathing moments where I feel like nobody loves me. But when that happens, I have to say, ‘Okay, stop right now and take a moment and pray for someone else.’ Just stop thinking about yourself and reach out to someone in a heartfelt way—it’ll bring so much more contentment into your life.”

3 Sara’s daughters, Audrey *(left)* and Olivia *(right)*, give her strength

You are perfect

“I feel very confident when you see me on stage because I’m confident in that setting, but I wouldn’t say that I am in every area of life,” Sara divulges. “I have always been super critical about my body and my weight. Three years ago, my girls had to sit me down and say, ‘We cannot hear you talk about it anymore because we think that you are perfect and beautiful. You’re this queen to us and when you criticize yourself, it hurts us.’ That really hit me, and I completely quit talking about it—and it helps.”

Stay in motion

“One thing that I really love is to play tennis,” Sara says of the activity that keeps her healthy. “I also love pickleball or basketball, anything sports-related: It’s my one hobby! I’m not good about yoga. My kids will all go to hot yoga, but I hate it. But just being outdoors and moving in any way always makes me feel great, in my mind and my body!”

David Bean/The Visual Reserve; Getty; Adobe Stock(2); Shutterstock (2)

Celebrate St.

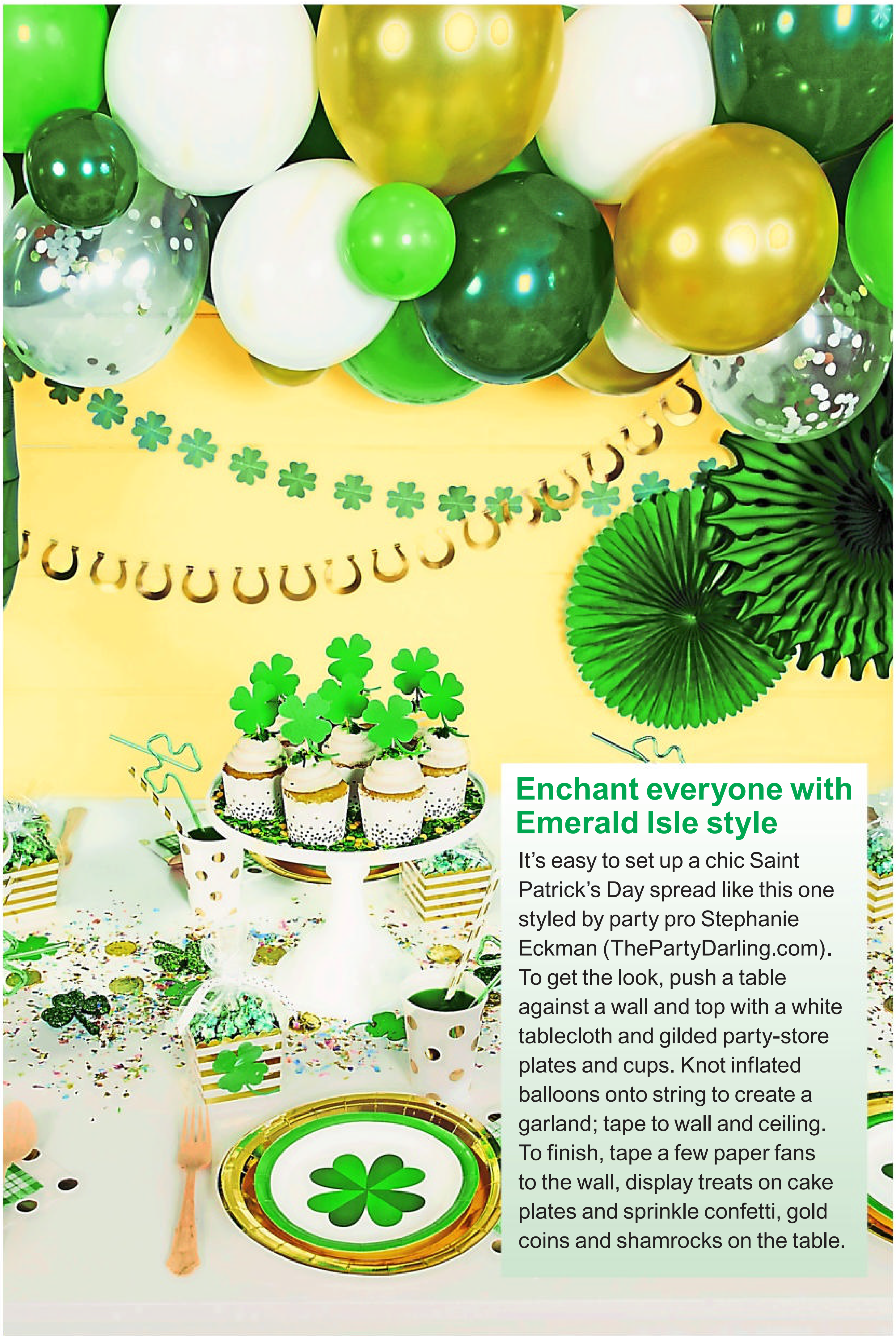
You don't need the luck of the Irish to put together a fun party for loved ones. From sweet treats to festive flair, this easy-on-you gathering is sure to charm!

Surprise loved ones with lucky place settings

Eckman brought the classic colors of the holiday to each seat at her bash, thanks to these gorgeous green-and-gold settings. For each, top a gold party-store plate with a smaller shamrock-kissed paper plate. To offer rustic countryside flair, add a green plaid napkin and wooden party utensils.

Win instant smiles with festive popcorn cups

Guests will delight over a popcorn "bar" complete with cute cups and fun toppings! To do: Set out festive paper cups alongside a large bowl or tub of freshly popped popcorn (or transfer your favorite bagged variety into a bowl). Place a large spoon or scoop in the popcorn. Next, set out small ramekins or bowls with serving spoons and fill with sweet and savory mix-ins like chocolate chips, candies, peanuts, ranch seasoning, garlic oil and more!



Enchant everyone with Emerald Isle style

It's easy to set up a chic Saint Patrick's Day spread like this one styled by party pro Stephanie Eckman (ThePartyDarling.com). To get the look, push a table against a wall and top with a white tablecloth and gilded party-store plates and cups. Knot inflated balloons onto string to create a garland; tape to wall and ceiling. To finish, tape a few paper fans to the wall, display treats on cake plates and sprinkle confetti, gold coins and shamrocks on the table.

Paddy's Day!

Say "cheers" with creamy signature sips

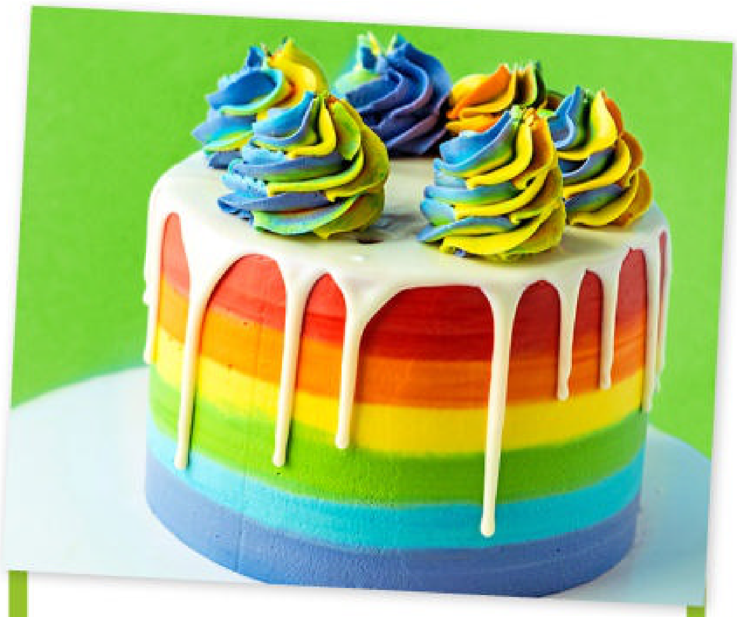
Refreshing yet decadent, this mint-chocolate twist on a traditional grasshopper cocktail is a dream—and it doubles as dessert! To make two cocktails at once, combine ¼ cup of crème de menthe, ¼ cup of white chocolate liqueur and ¼ cup of heavy cream in an ice-filled cocktail shaker; cover. Shake well and strain into glasses. Garnish with a sprig or two of fresh mint. Tip: For an extra layer of yum, dip the rims of the glasses in water, then chocolate shavings *before* making the drinks!

Sweeten the day with stout cupcakes

Infusing beer into cupcakes lends a hint of malty deliciousness that enhances the sweet flavors! To make a batch: Replace 1 cup of liquid in a boxed vanilla cake mix with 1 cup of stout beer (like Guinness), plus an extra 2 Tbs. of oil and bake according to box directions; let cool. For the frosting, whip 2 Tbs. of stout beer into your favorite vanilla frosting recipe and pipe onto cupcakes in swirls. Finish by topping cupcakes with green sprinkles and holiday party picks (like Shamrock Picks, $15 for 12, ThePartyDarling.com).

Add a rainbow of color with a beautiful bouquet

All it takes is a medley of colorful supermarket blooms and a few minutes to create a fluffy, rainbow-inspired bouquet. It's a perfect focal point for a dining table or a happy "hello" for an entry table! To get the look, pick up a few bunches of seasonal supermarket blooms in a variety of colors (choose bright shades of red, orange, yellow, blue and violet to capture a vibrant rainbow feel). Next, fill a 6" clear glass vase halfway with water. Snip stems to lengths between 7" and 11". Add stems to the vase one at a time, alternating colors as you go, forming a soft, rounded mound. Fill in gaps with scattered pops of "gold" by tucking in yellow filler flower (like Goldenrod) and extra greenery. Display.



3 tips for party success

1 *Serve a wow-worthy cake*

To make this showstopper, stack 3 cake layers on a plate, spreading a thin layer of white icing in between each layer and over cake; chill. Mix a drop or two of gel food coloring (add more gel for bolder color) and a drop of vodka, then use a clean paintbrush to paint a stripe around the cake's sides. Continue painting stripes in rainbow colors. Pour ½ cup of warmed heavy cream over 1 cup of white chocolate chips; mix until smooth. Spoon over cake and let drip down edges. Pipe 6 colorful frosting swirls on top.

2 *Play a coin toss game*

Get everyone in the party spirit with a playful spin on a simple skill-based game of coin toss. Just stagger party-store leprechaun hats on the floor upside down and assign each a different point amount depending on the difficulty of the toss. Then have guests take turns tossing plastic coins into the hats. The person who scores the most wins a prize, like a cute little bag filled with chocolate gold coins and a scratch-off lottery ticket.

3 *Listen to Irish tunes*

Give your space the atmosphere of an inviting, lively Irish pub with a soundtrack that suits the holiday! If you prefer CDs, check out *St. Patrick's Day Great Irish Pub Songs* ($7, Amazon.com) or search for the "St. Patrick's Day" playlist on Spotify.

Adobe Stock (4); Shutterstock; ThePartyDarling.com (3). Text: Melissa D'Agnese

WW HOLIDAY SPECIAL

Easy festive *mmm*

Cranberry Soda Bread with Ginger-Mint Butter

Chocolate-Hazelnut Irish Coffee

Beer-Braised Corned Beef

Everyone is sure to be over the rainbow, thanks to these delicious twists on St. Paddy's Day favorites

Luck o' the Irish Mint Brownies
Garlic 'n' Herb Irish Champ
Spicy Lager Cheese Dip

Turn for recipes

Beer-Braised Corned Beef

We slow-simmer this holiday classic in stout beer so it cooks up extra tender with plenty of Emerald Isle flavor

- 3 lb. corned beef with spice packet
- 1 (12 oz.) btle. stout beer
- 1 large onion, quartered
- 6 sprigs parsley + additional
- 1 head garlic, halved
- 1 bay leaf
- 1 medium head cabbage, cored, cut into wedges
- 1 lb. baby carrots, trimmed
- 1 lb. green beans, trimmed
- Chopped parsley (optional)

- In large Dutch oven or heavy bottom pot with lid, combine corned beef and spice packet with beer, onion, 6 parsley sprigs, garlic and bay leaf. Add enough cold water to just cover corned beef; over high heat, bring to a boil.

- Reduce heat to medium-low; cover. Simmer until fork tender, 3–3½ hrs., adding cabbage wedges, carrots and green beans during last 30 min. of cooking time. Transfer beef and vegetables to platter. If desired, sprinkle with chopped parsley and garnish with additional sprigs. Let stand 10 min. before slicing.

Servings: 8. Active time: 20 min.
Total time: 4 hrs. **Calories:** 363 **Protein:** 24g
Fat: 22g (7g sat.) **Chol.:** 111mg **Carbs.:** 19g
Sodium: 1,173mg **Fiber:** 6g **Sugar:** 9g

Chocolate-Hazelnut Irish Coffee

This sweet pick-me-up is perfect for sipping

- In large pitcher, combine 3 cups chilled brewed **hazelnut coffee,** 1 cup **chocolate milk** and ½ cup **Irish cream liqueur.** Fill 4 coffee mugs with **ice cubes;** dividing evenly, pour coffee mixture into mugs. Garnish each with a dollop of **whipped cream** and a sprinkling of **chocolate shavings.**

Servings: 4. Active time: 15 min. Total time: 15 min.

Cranberry Soda Bread with Ginger-Mint Butter

Convenient baking mix jump-starts this loaf that gets a sweet upgrade with orange-kissed cranberries

- 1 cup dried cranberries
- 1 cup orange juice
- 4 cups baking mix, such as Bisquick
- ¼ cup sugar
- 1¼ cups light sour cream
- 1 egg
- ½ cup butter, at room temp.
- 1 Tbs. ginger preserves
- 1 tsp. minced fresh mint

- Heat oven to 375°F. Coat baking sheet with cooking spray. In microwave-safe bowl, combine cranberries and orange juice; microwave in 15-sec. intervals until cranberries are plumped, about 2 min. Drain cranberries; pat dry.

- In bowl, combine baking mix, sugar and cranberries. Stir in sour cream and egg until soft dough forms. Shape into round loaf; transfer to baking sheet.

- Cut an X in top center of dough. Bake until golden and baked through in center, 25–30 min. Transfer to rack; let cool. Meanwhile, in small bowl, combine butter, ginger preserves and mint. Serve bread with butter mixture.

Servings: 12. Active time: 30 min.
Total time: 1 hr., 15 min. **Calories:** 337 **Protein:** 5g
Fat: 17g (8g sat.) **Chol.:** 45mg **Carbs.:** 46g
Sodium: 584mg **Fiber:** 1g **Sugar:** 17g

Spicy Lager Cheese Dip

This pub favorite gets a zingy twist from a dash of garlicky hot sauce, but you can add as little or as much as you prefer

1 (8 oz.) pkg. shredded extra-sharp cheddar
1 Tbs. all-purpose flour
1 tsp. mustard powder
½ cup lager beer
4 oz. cream cheese, at room temp.
½ tsp. garlic Tabasco sauce
Chopped chives (optional)
Pretzels and assorted fresh vegetables, such as carrot and cucumber slices, pepper strips and broccoli florets

● In medium bowl, combine shredded cheddar with flour and mustard; toss until coated. In medium pot over medium-low heat, bring beer to a boil. Stir in cream cheese until smooth.

● Gradually add shredded cheese mixture a few handfuls at a time, stirring after each addition, until cheese is melted and mixture is smooth.

● Stir Tabasco sauce into cheese mixture. If desired, sprinkle with chives. Serve as desired with pretzels and assorted vegetables.

Servings: 6. Active time: 20 min. Total time: 20 min. Calories: 227 **Protein:** 11g **Fat:** 19g (11g sat.) **Chol.:** 53mg **Carbs.:** 3g **Sodium:** 321mg **Fiber:** 0g **Sugar:** 0g

Garlic 'n' Herb Irish Champ

Turnips add a nutty-sweet note to this simple side that's made irresistible with tangy buttermilk and herbed cheese

1½ lbs. potatoes
½ lb. turnips
1 small onion
¾ cup buttermilk
3 Tbs. butter + additional
4 wedges Laughing Cow light garlic-and-herb cheese
¼ tsp. salt
¼ tsp. pepper
½ cup chopped scallion
Chopped parsley (optional)

● Peel potatoes and turnips, then cut into 1"–2" pieces; peel and chop onion. In large pot, combine potatoes, turnips and onion with enough salted water to cover by 1"; over high heat, bring to a boil. Reduce heat to medium; cook until potatoes and turnips are tender, 10–15 min. Drain well; return vegetable mixture to pot.

● Add buttermilk, 3 Tbs. butter and cheese to pot with vegetable mixture; mash to desired consistency. Season with salt and pepper. Transfer mixture to serving bowl; sprinkle with chopped scallion. If desired, top with additional pats of butter and sprinkle with chopped parsley.

Servings: 6. Active time: 25 min. Total time: 40 min. Calories: 250 **Protein:** 6g **Fat:** 14g (9g sat.) **Chol.:** 35mg **Carbs.:** 28g **Sodium:** 320mg **Fiber:** 3g **Sugar:** 6g

Luck o' the Irish Mint Brownies

No one will guess these extra-decadent treats start with a mix

1 (18.3 oz.) pkg. family-size chewy brownie mix
½ cup oil
2 eggs
1 (8 oz.) pkg. cream cheese, at room temp.
4 (1 oz.) squares white chocolate, melted
2 cups thawed frozen whipped topping
Green liquid food coloring
¼ tsp. peppermint extract
1¼ cups semisweet choc. chips (8 oz.)
½ cup butter

● Heat oven to 350°F. Line 13"x9" baking pan with foil. Coat with cooking spray. Stir together brownie mix, oil, eggs and ¼ cup water. Spread in pan. Bake until toothpick inserted 1" from edge of pan comes out clean, 21–23 min. Let cool.

● On medium speed, beat cream cheese and chocolate until smooth; fold in whipped topping. Spread half of mixture over brownie; chill 20 min. Tint remaining mixture green with food coloring and stir in extract; spread over white filling. Chill 20 min. In bowl, microwave chocolate chips and butter in 15-sec. intervals, stirring, until smooth. Let sit 5 min. Spread over mint layer. Chill 30 min.

Servings: 18. Active time: 30 min. Total time: 2 hrs., 30 min. Calories: 470 **Protein:** 5g **Fat:** 32g (13g sat.) **Chol.:** 70mg **Carbs.:** 41g **Sodium:** 212mg **Fiber:** 2g **Sugar:** 31g

Food & Photo (7)

Smiles guaranteed

Our mix-easy showstopper studded with chocolate chips will have folks feeling extra lucky this St. Paddy's Day

Fudgy Layer Cake

Rich chocolate ganache

- 1 (15.25 oz.) pkg. devil's food cake mix
- 3 eggs
- ⅓ cup oil
- ½ cup + ⅓ cup mini chocolate chips
- 2 cups butter, at room temp.
- 4 cups confectioners' sugar
- 1½ tsp. peppermint extract
- Kelly green concentrated food coloring
- ¼ cup heavy cream
- 9 chocolate-covered mint candies, halved

Easy as 1,2,3!

1 Heat oven to 350°F. Coat 2 (8") cake pans with baking spray with flour. Prepare cake mix according to package directions with eggs, oil and 1 cup water. Stir in ½ cup chocolate chips. Divide between pans. Bake until pick inserted in centers comes out clean, 25 min. Let cool 15 min. Transfer from pans to rack; cool.

2 On medium speed, beat butter until fluffy, 2 min. On low, gradually beat in confectioners' sugar, then extract. On medium-high, beat until fluffy, 2–3 min. Tint to desired shade of green with food coloring. Transfer 1 cup frosting to pastry bag fitted with star tip; reserve.

3 Trim top of cakes if domed. Place 1 cake layer on serving plate; spread with 1 cup frosting. Top with remaining cake layer. Spread top and side of cake with remaining frosting. Chill 1 hr. In microwave-safe bowl, microwave remaining ⅓ cup chocolate chips and cream in 15-sec. intervals, stirring, until smooth; let cool. Spread over top of cake, allowing some to drip down side. Pipe reserved frosting around top edge of cake. Stand candies between rosettes.

Servings: 12
ACTIVE time: 1 hr.
TOTAL time: 4 hrs.

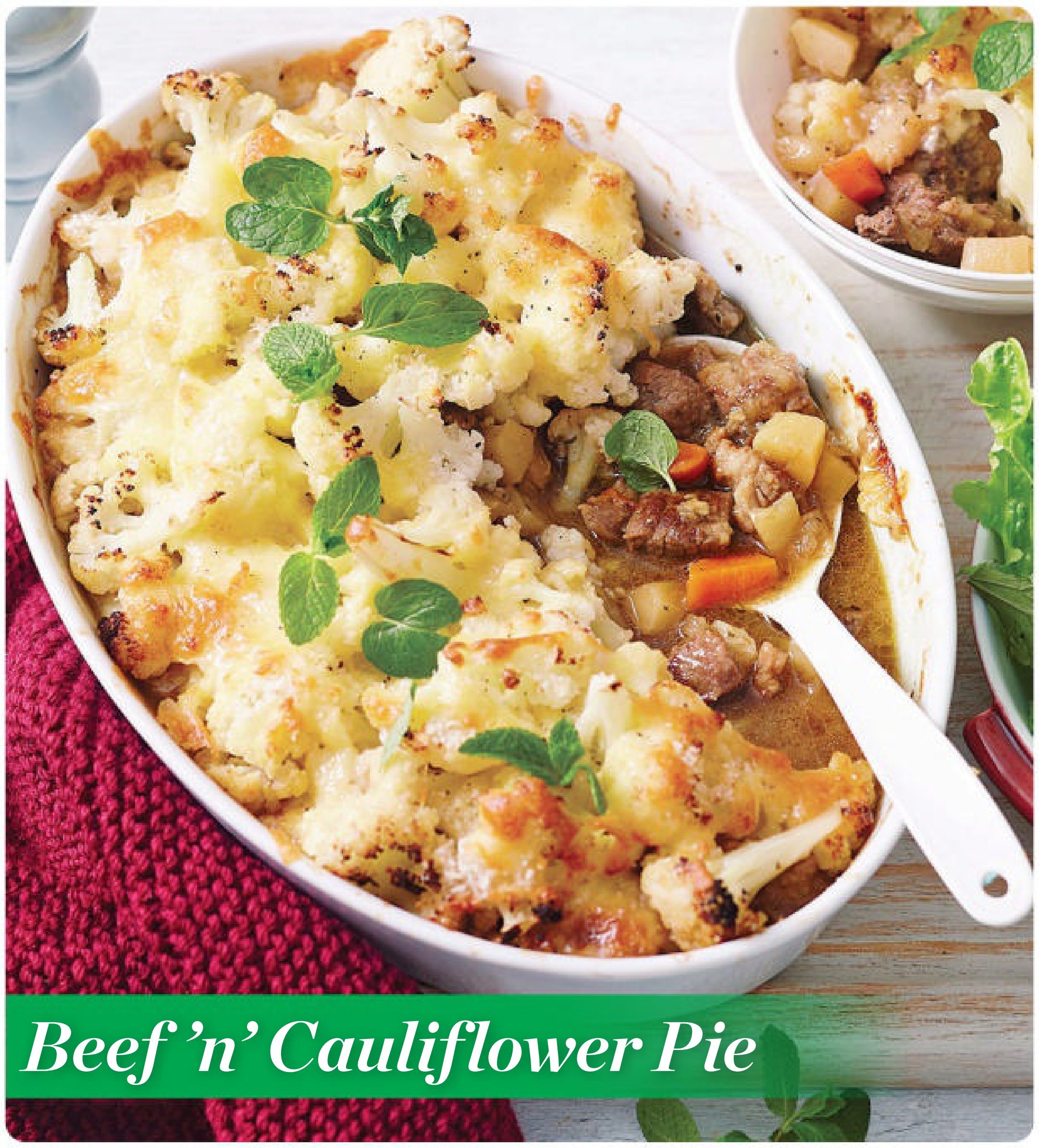
Food & Photo

Dinner made easy!

COLLECT A MEAL WW

Sour Apple Martinis

Spinach-Radish Salad


Beef 'n' Cauliflower Pie

Mint Oreo Cupcakes

Food & Photo (2); Shutterstock; Lines + Angles

So fast, so delicious!

Spinach-Radish Salad

Our easy, from-scratch, honey-kissed dressing livens up spring greens, crunchy radishes and creamy avocado

⅓	**cup sliced almonds**
⅓	**cup extra-virgin olive oil**
2	**Tbs. lemon juice**
1	**Tbs. poppy seeds**
1	**Tbs. honey**
1	**Tbs. cider vinegar**
½	**tsp. salt**
¼	**tsp. pepper**
1½	**(5 oz.) pkgs. baby spinach**
2	**avocados, pitted, peeled, cut into ¾" pieces**
½	**cup sliced radishes**
⅓	**cup sliced shallots**

● In dry skillet over medium heat, cook almonds, stirring often, until lightly toasted; reserve. In medium jar with tight-fitting lid, combine oil, lemon juice, poppy seeds, honey, vinegar, salt and pepper. Seal with lid; shake vigorously until well blended.

● In serving bowl, combine spinach, avocado, radishes and shallots. Drizzle dressing over salad; toss until evenly coated and combined. Sprinkle with reserved toasted almonds.

Servings: 8. Active time: 20 min. Total time: 20 min.
Calories: 210 **Protein:** 3g **Fat:** 19g (3g sat.) **Chol.:** 0mg **Carbs.:** 10g **Sodium:** 170mg **Fiber:** 5g **Sugar:** 3g

Sour Apple Martinis

Citrus vodka and a double dose of apple flavor ensure this pucker-inducing twist on a classic becomes a new favorite

4–5	**limes**
½	**cup sugar**
	Ice cubes
2	**cups apple juice**
2	**cups DeKuyper sour apple schnapps**
1	**cup citrus flavored vodka**
	Apple slices (optional)

● Using vegetable peeler, shave zest from 1 lime. Squeeze ⅓ cup juice from remaining limes. In small pot, combine sugar, ½ cup water and lime zest. Over medium heat, bring to boil; cook until sugar is dissolved, 1 min. Transfer to bowl; cool. Strain.

● For 2 drinks, fill cocktail shaker with ice cubes. Add ½ cup apple juice, ½ cup schnapps, ¼ cup vodka and ¼ of lime syrup. Cover; shake vigorously until chilled, 30 sec. Strain into 2 martini glasses. Repeat 3 times with juice, schnapps, vodka and syrup to make 6 more drinks. If desired, garnish with apple.

Servings: 8. Active time: 20 min. Total time: 50 min.
Calories: 360 **Protein:** 0g **Fat:** 0g **Chol.:** 0mg **Carbs.:** 45g **Sodium:** 10mg **Fiber:** 1g **Sugar:** 41g

Mint Oreo Cupcakes

Peppermint extract in the frosting infuses minty goodness into these cookie-topped confections everyone will love

20	**mint Oreo cookies**
1	**(15.25 oz.) pkg. triple chocolate fudge cake mix**
3	**eggs**
½	**cup oil**
1	**(8 oz.) pkg. cream cheese, at room temp.**
⅔	**cup confectioners' sugar**
½	**tsp. peppermint extract**
1½	**cups heavy cream**
	Kelly green concentrated food coloring
¼	**cup chocolate sauce**

● Heat oven to 350°F. Line 24 muffin cups with liners. Chop 8 cookies; halve remaining. On medium speed, beat cake mix, eggs, oil and 1¼ cups water until combined. Fold in chopped cookies. Divide batter among liners. Bake until pick inserted comes out clean, 20 min. Cool. On medium, beat cream cheese, sugar and extract until smooth. On low, beat in cream. On medium, beat until stiff; tint with coloring. Spoon on cakes; chill. Drizzle sauce over. Top with halved cookies.

Servings: 24. Active time: 1 hr. Total time: 2 hrs.
Calories: 291 **Protein:** 3g **Fat:** 19g (8g sat.) **Chol.:** 50mg **Carbs.:** 30g **Sodium:** 238mg **Fiber:** 0g **Sugar:** 19g

Beef 'n' Cauliflower Pie

Veggies stand in for potatoes in this take on shepherd's pie

1	**(16 oz.) pkg. frozen cauliflower florets**
2	**lbs. boneless beef sirloin steak, cut into 1" pieces**
2	**tsp. onion powder**
1	**tsp. dried oregano**
¾	**tsp. salt**
¾	**cup beef broth**
2	**Tbs. Worcestershire**
1	**Tbs. all-purpose flour**
1	**(14.5 oz.) can diced potatoes, drained**
1	**(14.5 oz.) can sliced carrots, drained**
1	**cup shredded white cheddar**

● Grease 2½-qt. baking dish. Cook cauliflower per package directions. Sprinkle beef with next 3 ingredients. Grease nonstick skillet; heat over high heat. In batches, cook beef, stirring, until browned, 2 min. per batch. Remove. Mix broth, Worcestershire and flour; add to skillet. Over medium-high, bring to boil; cook, stirring, until thickened, 2 min. Stir in beef, potatoes and carrots; cook until heated, 1 min. Transfer to baking dish; top with cauliflower and cheddar. Broil until golden, 4 min.

Servings: 8. Active time: 30 min. Total time: 30 min.
Calories: 310 **Protein:** 26g **Fat:** 17g (7g sat.) **Chol.:** 80mg **Carbs.:** 15g **Sodium:** 710mg **Fiber:** 3g **Sugar:** 3g

Dinner? DONE!

Come home to cozy! It's easier—and more delicious—than ever with this new 99-page special from the publishers of *Woman's World,* packed with foolproof recipes guaranteed to become new favorites!

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Or order online at MagazineShop.us/SlowCooker to have it delivered

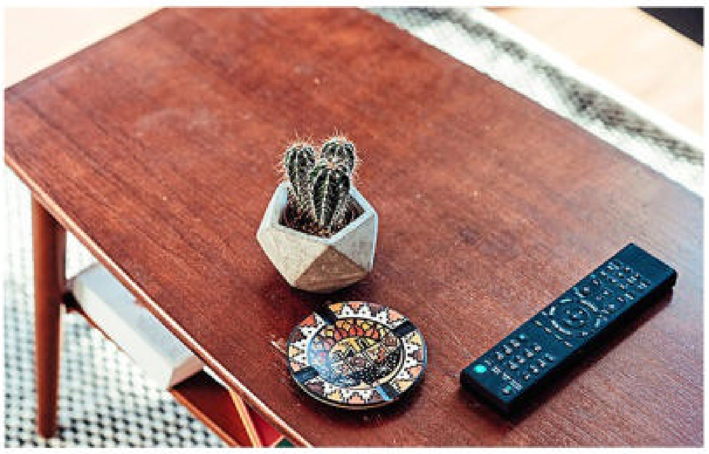
Your organized home

Easy tricks to a clean house!

With spring just around the corner, now is the perfect time to clear your home of grime, dirt and dust that built up over the winter. Here, simple hacks to help—*fast*

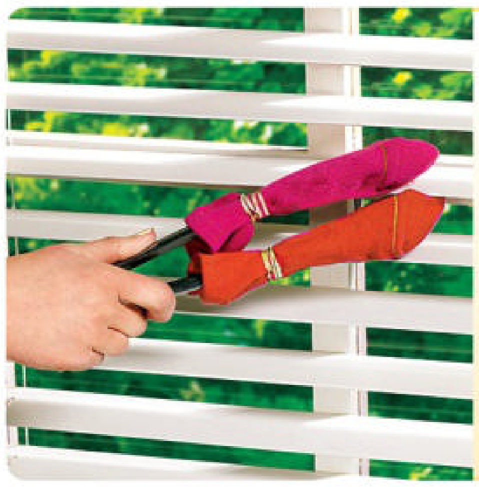
Polish wood furniture *with this DIY spritz*

To banish dust from wood tables, desks and chairs, first give them a quick wipe with a damp cloth, says Reta Engelking of CleaningMaidAffordableLLC.com. Then spray them with a mix of 1 cup of water, ¼ cup of white vinegar and 2 Tbs. of olive oil. The vinegar and olive oil clean and moisturize the wood, creating a barrier that repels dust.



Filter indoor air *with water-loving greens*

Houseplants act like natural air filters, trapping dust in their leaves—and regular watering enhances this effect, reveals housecleaning expert Hugo Guerrero. "Well-watered plants release moisture into the air, increasing humidity, which helps reduce the amount of dust in your home," he explains. To boost plants' moisture content, just give leaves a quick wipe-down with a water-dampened cloth about once a month.



Grab hard-to-reach dust *with 'sock tongs'*

Dusting between window blinds' slats can be tricky. To the rescue: an old pair of socks. Just dampen two socks with cleaner, then use rubber bands to secure them onto a pair of tongs. Run the tongs across each slat to trap dust.

Outsmart tech gunk *with fabric softener sheets*

TVs, laptops and tablets all carry a static charge, which attracts dust. "That's why fabric softener sheets come in handy," reveals Ray Brosnan, cleaning expert for Brosnan Property Solutions. "Simply swipe a sheet across screens—not only will it hold on to dust, it will also dispel static cling, leaving behind an invisible residue that thwarts future dust from settling."

Get windows sparkling *with a simple spray*

For crystal-clear windows and mirrors without the toxic scent of commercial cleaners, combine 1 cup of rubbing alcohol, 1 cup of water and 1 Tbs. of vinegar in a spray bottle. Spritz the glass and wipe with a rag. Acetic acid in vinegar cuts through dust and dirt, while the alcohol ensures the spray evaporates quickly, leaving no streaks.

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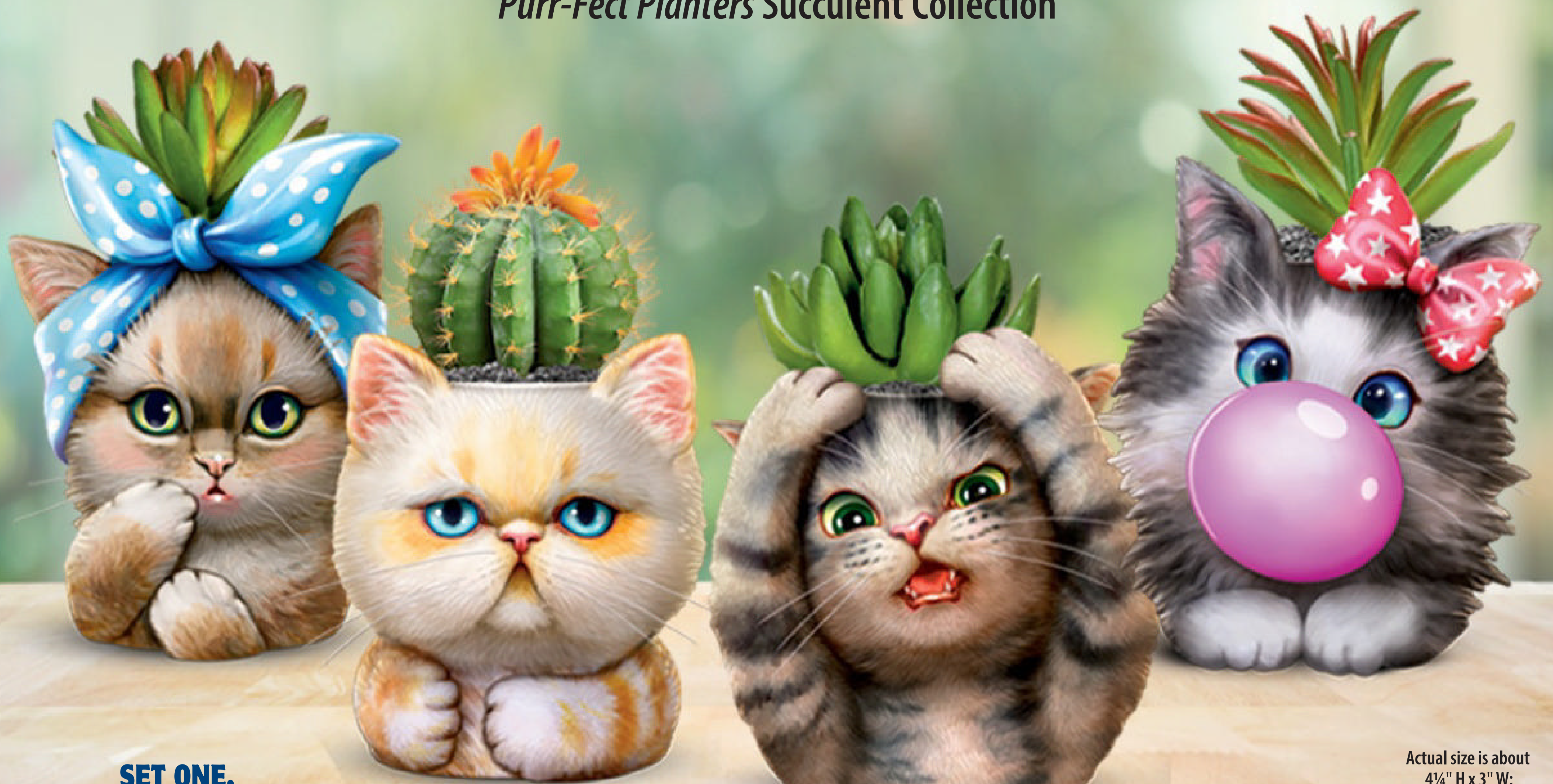
Enjoy Sassy Cat-titudes in Sweetly Sized Pots!

Purr-Fect Planters Succulent Collection



Bring Home Purr-fectly Sized Succulent Planters!

With their irresistible personalities and comical curiosity, cats warm our hearts. Now a darling new collection lets you cherish cat antics as never before! Presenting the *Purr-Fect Planters* Succulent Collection, inspired by adorable art of Kayomi Harari. Premiering with Set One, "Rosie" and "Big Boi," each little cat's big personality is captured through intricate sculptural details and hand-painting. Charming facial expressions and "real" whiskers bring each sassy cat to life! Plus, each is a sweetly sized planter "blooming" with a different, artificial succulent or cactus that is amazingly lifelike and never needs watering. Measuring an endearing 4¼ inches high overall, these hand-crafted succulent planters offer wonderful display options in very little space — anywhere you want to enjoy cat-titudes!

Don't Miss Out; Act Now!

The collection continues with more delightful cat planters with artificial succulents, and enthusiastic demand is expected. Make the *Purr-Fect Planters* Succulent Collection yours, premiering with Set One, "Rosie" and "Big Boi," at $49.99* per set, payable in two installments of $24.99. Subsequent sets ship automatically at the same low price, about once every other month. You are under no obligation and may cancel at any time. Your purchase is fully backed by our 365-day money-back guarantee. You may return any item free of charge for a full refund. You need send no money now. Simply return the coupon today!

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Save $1,000s with health freebies!

Tired of the ever-rising health needs costs? So are we! That's why we rounded up a comprehensive list of what you can get free!

Medical tests

If you've got a chronic condition, you know the costs for necessary testing can add up quickly. Fortunately, there are ways to get some of these tests for free. For instance, patients with type 2 diabetes can save up to $80 by getting a glucose meter (which delivers blood-glucose levels) from manufacturers, including Accu-Chek (Accu-chek.com/microsites/accuracy), FreeStyle (MyFreestyle.com/get-a-free-meter) and Contour (AscensiaDiabetes.com/meters-and-strips-savings/free-contour-next-one-meter) for free!

Need to regularly read your blood pressure? You can get an at-home blood-pressure monitor entirely paid for by some health insurers (including certain Blue Cross plans and Medicare Part B) with a doctor's prescription, saving you up to $300.

Need at-home COVID-19 test kits? The federal government periodically makes them available for free at Covid.gov/tests.

Tip!

Protect your health by taking multivitamins? Score them for free by visiting participating Good Neighbor Pharmacy locations (MyGNP.com/Free-Vitamin-Program)

Eye care

If you don't have insurance that covers vision tests (which can cost $50 to $100) or eyeglasses (which can cost $100 to $400), and your budget is too tight to pay out of pocket, don't fret: You may qualify for the Eyes of Hope gift certificate program from the vision health company VSP Global. It covers one comprehensive eye exam per year and one pair of prescription eyeglasses. Simply apply at VSPVision.com/eyes-of-hope/get-help.html.

Alternatively, if you're 65 or over, you may be eligible for a comprehensive exam at no cost from EyeCare America, a program offered by the Foundation of the American Academy of Ophthalmology, which you can apply for at AAO.org/eyecare-america.

Need glaucoma surgery? The American Glaucoma Society provides it for free for those on a limited budget without insurance (AmericanGlaucomaSociety.net/patients/ags-cares).

Hearing aids

Thanks to a new U.S. Food and Drug Administration rule, you no longer need a prescription to buy hearing aids—they're available over the counter at stores like CVS and Walmart, starting at $199, saving you about $3,000 per device. But you may be able to get them for free by contacting your local Lions Club (LionsClubs.org), a nonprofit, volunteer-run group that recycles gently used hearing aids, then donates them to folks who can use them. Or visit HearingAidDonations.org/resources to find hearing aid assistance offered by federal, state and local agencies near you.

Mental health

If you've noticed you're worrying more than usual or feeling down, talking with a therapist can help, but it will cost you about $100 per hour, on average. Luckily, you can speak with a mental health professional in person or via video without spending a dime. That's because there are private practices, clinics and community centers that offer therapy for free or use a sliding scale. To find them, enter your zip code at NeedyMeds.org/mental-health. Another option: Try a mental health "chatbot," which is an interactive app that offers customized advice and exercises based on your needs, such as Woebot (WoebotHealth.com/try-woebot). A new study found they were effective at helping folks manage their moods. WW

Saving science!

Want to save cash on your medications? If your doctor gives you an Rx for a brand-name drug, ask, "Is there a generic equivalent?" Research shows that 17% of the time, prescriptions are given for a brand name when a generic (which can save you up to 70%) is available. If there is no generic equivalent, contact the medication's manufacturer and ask about their patient assistance program, which many (like Bayer and Pfizer) now offer to cover some or all of the cost.

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EASY MONEY

Pinky Chong, 53, Lufkin, TX

"I make up to $70k selling my clothes and shoes!"

Pinky Chong turned the clutter in her closet into cash. Learn her secrets so you can start earning too!

"Thirteen years ago, my job as a physical therapist didn't allow me the flexibility I needed to be there for my family. Then one day, I was decluttering my closet and decided to try selling some of my new and used clothes and shoes on eBay, Poshmark and Facebook reseller groups for luxury and designer items. To my surprise, they sold, and some sold for more than I paid for them! It was fun and lucrative, so I reduced my work hours and went all-in as a reseller.

"Selling is so easy. I spend 2 to 3 hours a day working on my business. I continue to sell items that I've purchased for myself and my kids, but I also buy and sell items I find from online consigners and other resellers. I sell clothes, handbags, shoes, organizers and accessories. I use my iPhone to take pictures and pay close attention to the lighting to ensure items look good. Once I have a sale, I pack and ship the items. I also work as an authenticator (verifying real products versus fakes), offer business coaching for other solopreneur resellers and consult for major retail companies that want to grow their designer-brand resale platforms.

"I love reselling because the items are beautiful, and in a small way, I'm doing my part to help the environment. It's my mission to help other women not only find cash in their own closets but learn new skills that they can apply personally and toward a new business. I make up to $70,000 a year—money that pays the bills, goes toward vacations and allows me time with my children." WW

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Win an Amazon Kindle e-reader!

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What would you do if you stumbled upon a small fortune? Would you make a long-held dream come true or save it for a rainy day? Find out when you enter our contest for one chance to score $1,000 in cold, hard cash! *U.S. only. Ends 11:59 PM ET, 3/31/2023*

Win a $100 Sephora gift card!

Want to update your makeup, skin- or hair-care regimen? You're in luck! We're teaming up with Sephora to award one winner a $100 gift card to be used online or in store! Stock up on the latest and greatest makeup products, styling tools, anti-aging formulas or perfume for yourself—or gift them to a loved one. The options are endless! *U.S. only. Ends 11:59 PM ET, 4/7/2023*

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LOOK & FEEL GREAT by Memorial Day!

NEW! From the publishers of *Woman's World*, this 99-page bookazine features 17 plans designed to target different body systems that impact weight loss. Quizzes make it easy to find the one that's right for YOU!

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Luck o' the Irish

Use the letters highlighted in the finished puzzle to spell a lucky charm

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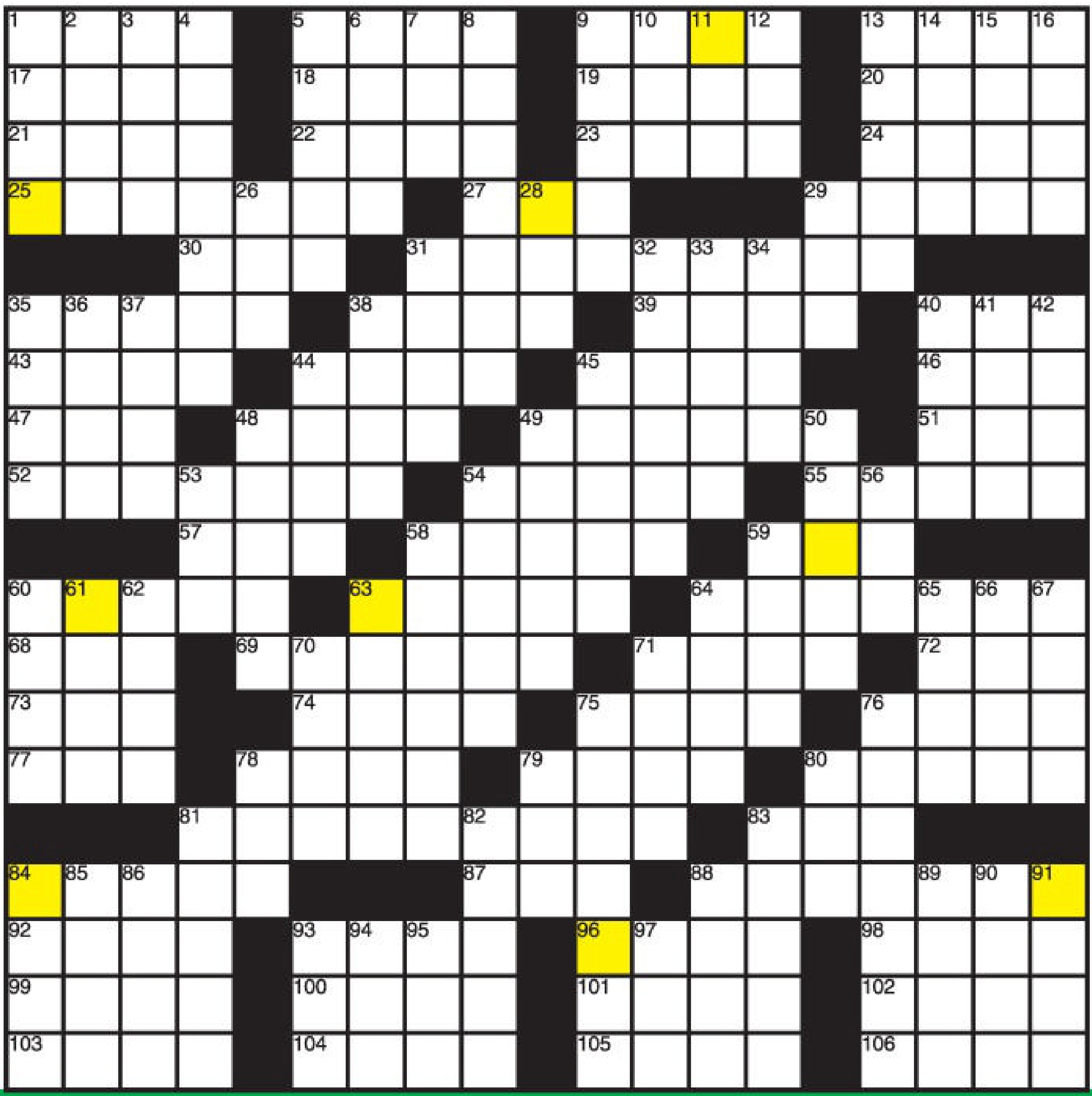
ACROSS

1 Water-skiing locale
5 Withdraw gradually
9 Lincoln, et al.
13 School group?
17 Part of, as a plot (2 wds.)
18 Wheel turner
19 Vegetable soup bean
20 Waiting
21 Start with boy or girl
22 Aug. follower
23 Garish
24 Within view
25 Hair ties
27 Reporter's question
29 Actress Amy
30 On fire
31 Pedometer count
35 Caravan animal
38 ___ Knox
39 Have an inclination
40 Singer Shannon
43 Word of woe
44 Kind of mail
45 These may be fine
46 Wrath
47 ___'easter
48 Road turn
49 Said "cheese"
51 "Act your ___!"
52 Came by
54 Circle or triangle
55 Stubble remover
57 Weaken
58 Selected
59 Towel holder
60 Hitched to the wagon
63 Rabbitlike animals
64 Necklaces, rings, etc.
68 *Aladdin* prince
69 Prestige
71 Reaction to bad news
72 Tiny battery
73 Unite
74 Delayed, with "up"
75 Ode or haiku
76 Worse than bad
77 Votes against
78 Very small
79 Helen of ___
80 Hoisting machine
81 Deferred to another day
83 Vitamin bottle info
84 Hit the dirt?
87 Video channel
88 Museum displays
92 Hang around
93 Skirt style
96 Environmental sci.
98 Symbol
99 Regarding (2 wds.)
100 "Step ___!" (2 wds.)
101 ___ and void
102 Roman fiddler
103 Existed
104 Pesters persistently
105 Actor Danson and others
106 Got bigger

DOWN

1 Yarn spinner
2 Prefix for freeze
3 Hoda of *Today*
4 Provides with the means
5 "That ___ so bad!"
6 They've split
7 Yodeler's perch
8 ABC or NBC
9 Set aside
10 The facts of life?
11 Relative of an ostrich
12 Blue
13 Comes across
14 "I had no ___!"
15 Bang shut
16 Vanity plate in a two-car household
26 Black gold
28 Just out of the oven
29 Well-chosen
31 Like some memories
32 Skunk feature
33 Deed
34 Ultimatum word
35 Six-pack units
36 Soothing succulent
37 Latin singer Anthony
38 Supply with money
40 Actress Cameron
41 Thus
42 Unwanted look
44 Wrangler maker
45 Stockpile
48 Pitt and Paisley
49 Pumps and clogs
50 Soak
53 Wear and tear
54 Shoulder gesture
56 Vitamin C source
58 Treat for kitty
59 Scold, with "out"
60 Sign of boredom
61 Yellow stick
62 Youngsters
63 Hangout
64 Bouncing baby
65 Hot rock
66 Word before check or date
67 New Haven university
70 Not that
71 Temper
75 Stop from happening
76 Removing errors
78 Unruly crowd
79 Blasting letters
80 S. & L. offerings
81 Produce, as a show (2 wds.)
82 Strikes
83 Diner basketful
84 Q-Tip
85 Detective's assignment
86 Formal ceremony
88 Help with the laundry
89 Cake finisher
90 Folk wisdom
91 White coat
93 Sun follower?
94 Put ___ good word for (2 wds.)
95 Like a bunch
97 Stage signal



Sudoku

Fill the empty squares with the numbers 1 through 9 so that each row, column and 3x3 square contains all the numbers from 1 through 9

					6			4
7		2		4	5		6	
5	6							
			1	6			8	2
		3	8		7	6		
8	9			2	3			
							5	1
	1		7	9		8		3
3			5					

Shutterstock (2); Everett Collection

For answers to Crossword and Sudoku, turn to pg 50

SOLVE-IT-YOURSELF

Mystery

Blowin' in the wind

Sheriff Harlan Durbin had barely drizzled his green pancakes with butter and syrup when an urgent call came in from Mayor Duffy.

"I need you *now*!" Duffy demanded breathlessly. "Someone stole my bagpipes—and I know just who!"

The sheriff sighed, putting down his fork and knife. "On my way," he grumbled and beckoned the waitress to bring a take-out box.

Emergency calls related to the mayor's St. Patrick's Day bash were about as predictable as holiday pancakes, but the barrels of beer had yet to be rolled out, which meant the stirring up trouble should not have begun for at least the next several hours.

But, as Mayor Duffy informed him at the front door of his imposing home, the first theft of the day had happened before the festivities—and it was his own nephew that seemed to be the culprit.

"The kid's almost 30 and his only so-called job is selling stuff online!" he huffed.

"And, believe me, my grandfather's African blackwood bagpipes will keep him in his landlord's good graces for more than a few months."

The sheriff cautioned him about jumping to conclusions and asked when Duffy had last seen the instrument.

"It was windy, but I practiced outside at about 10:00 last night so I wouldn't disturb my overnight guests," he explained. "Then, I packed it back into the closet, where it always goes. The only people here are my nephew, my brother and his wife, and my old college roommate."

The sheriff said he'd talk to each person and sort out what happened—hopefully before his pancakes went all soggy.

"I should press charges and teach that kid a lesson!" Duffy fumed. "But I'll be content to get the instrument back before it goes on the market."

Duffy assembled the group of visitors in the living room and introduced the sheriff.

"What's this about?" asked his brother. "Is something wrong? Is someone hurt?"

Then Duffy looked directly at his nephew Mark. "Yes, something *is* wrong. My pipes are missing…know anything about that, *Mark*?"

Mark looked shocked. "I didn't even know you'd started smoking again, Uncle Duffy! I'm truly sorry to hear it."

Duffy's college friend, Ted, burst out laughing. "Don't tell me you've misplaced those bagpipes again, you old windbag! Sad to hear, but it's music to my ears you're keeping our college memories alive."

Duffy joked right back. "Well, it's music to mine that you've finally forgiven me for stealing your girlfriend with my outstanding performance of 'Danny Boy' under her dorm window."

The sheriff cleared his throat to regain everyone's attention. "The point is that Duffy practiced the instrument at about 10:00 last night, and this morning, it's missing. I'd like to get this matter cleared up quickly so we can all go back to enjoying the holiday."

Duffy's brother and wife said they were exhausted after their long drive here and had conked out by 9:00 PM. "Someone could have stolen Grandpa's antique marble nightstands from under our noses and we wouldn't have awakened."

Duffy knew his brother still felt cheated over the division of Grandpa's antiques and seized every chance to remind him.

Ted also pleaded exhaustion after the long drive. "I'm afraid I slept through your breezy serenade too," he said, "but I'm betting you merely misplaced those pipes again."

Before Duffy could protest, the sheriff motioned for silence and looked around the room at the wide-eyed visitors.

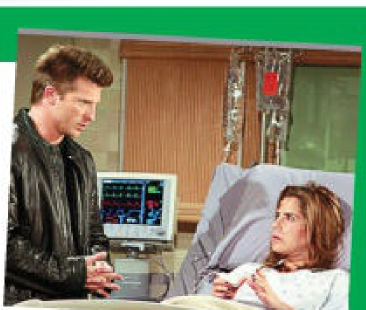
"I know who took the instrument," he said with ease. "I don't know if it's a prank or a theft, but what I do know is it's St. Patrick's Day, the spirit of forgiveness is in the air…and my green pancakes are getting colder by the minute."

—*Marti Attoun*

Q: What did Sheriff Durbin know?

A: Turn to pg 51

Order Up!



Can you guess which happened first, second and third?

___ **A.** *General Hospital* airs its 10,000th episode

___ **B.** Johnny Depp stars as Willy Wonka in *Charlie and the Chocolate Factory*

___ **C.** Jodi Picoult's *Handle with Care* is a bestseller

Person, Place or Thing?

Can you guess what I am?

- ☐ I have teeth, but I don't bite
- ☐ I can be invisible or open-ended
- ☐ I go up and down a lot
- ☐ The BF Goodrich Company gave me my name in 1923
- ☐ I make noise just like my name
- ☐ I come with a slider, a top stop and a pull tab
- ☐ You might find me on your clothes
- ☐ I was called the hookless fastener
- ☐ Buttons give me some competition
- ☐ I start with the alphabet's last letter

Order Up! A. 2002 B. 2005 C. 2009

Person, Place or Thing? I am a zipper

My Guardian Angel

Readers share their stories of divine intervention

Rainbow of love

Woman's World reader Christine Cole was comforted when her beloved cat sent her a sign that he was now safe in Heaven. She writes:

Recently, I lost my beloved cat, Toga. He was only 12 years old. One morning, I woke up to find that he had passed at the foot of my bed while I was asleep. I was devastated.

He had not been in distress or sick. Even the vet was puzzled.

When I first laid eyes on him at our local shelter, he weighed less than a pound. Every day for about a month, I would call to check on him. The shelter employees would often say, "Are you sure you want him? He is a sick boy…" and I replied every time, "Yes, I want him!"

I am glad I waited for him. He was the greatest cat that I have ever had. He was extremely friendly and loving to everyone who visited.

When I would have to go away for training for my job and would be away for about three days at a time, I was always asked, "Do you miss your significant other?" and I would reply, "No, I miss my cat!" Everyone always laughed.

There are not many days that go by that I do not think about him and how abrupt our parting was. He was my buddy. Every day, he received his treats and a kiss, and I told him how much he was loved.

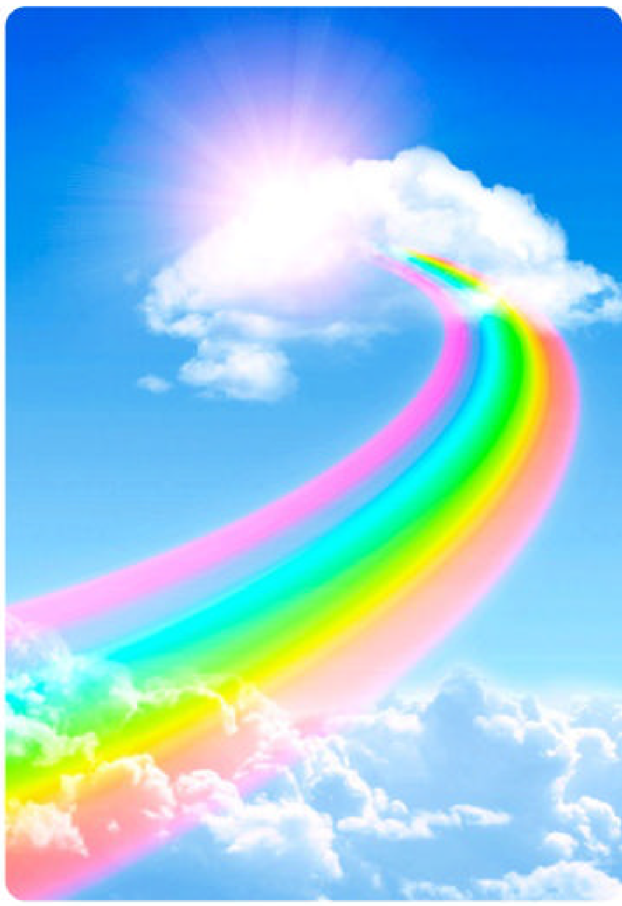
> *"Something told me to look up to the sky…"*

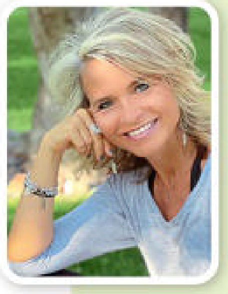
One afternoon last summer, I was on my deck crocheting and thinking of my boy. Something told me to look up to the sky, and when I did, there was a beautiful rainbow right over my head. It had not rained that day, nor was any rain in the forecast.

In that second, I knew my sweet boy had made it to the Rainbow Bridge.

That evening, I showed the picture I'd taken to my partner, and he said, "Wow, do you see the cat in the clouds?"

I hadn't noticed it, but there was an image of a cat near the rainbow. That photo restored my faith that animals do go to Heaven—and I know now that Toga loved me just as much as I did him and would "furever" be looking out for his mama!





ANGEL EXPERT SUNNY DAWN JOHNSTON SAYS…

"I love that the sign of the rainbow and the cat in the clouds restored Christine's faith. Sometimes that is the exact reason they come back—to let us know that they made it to Heaven, and to simply restore our faith. Our beloved pets are as connected to us as our family and friends, and when they pass, it can be even more challenging because we experience such absolute unconditional love from them. Gratefully, Toga showed Christine his rainbow bridge and reminded her that he loves her and is still with her, which is the best gift ever."

Shutterstock (3); Adobe Stock

If you have an angel story you'd like to share, please send it, along with a clear photo of yourself and your name, address and phone number to: Angels, *Woman's World,* 270 Sylvan Ave., Englewood Cliffs, NJ 07632, or email us at Angels@WomansWorldMag.com. By submitting your story, you are granting *Woman's World* permission to use it and your photo in the print magazine, on our website and/or in future special issue publications. Submissions may be edited for style.

Sunny Dawn Johnston (SunnyDawnJohnston.com and Facebook.com/SunnyDawnJohnstonFanPage) is an internationally known angel expert. She is the author of 20 books, including *Invoking the Archangels, The Love Never Ends* and *365 Days of Angel Prayers,* as well as her latest bestselling card deck, *The Multi-Dimensional Oracle.*

7 Days of *Inspiration*

Take one a day and feel great all week!

Day 1
One of the best things about today is you!

Day 2
Listen to your heart. It knows you best

Day 3
You are undeniably lovable

Day 4
Every day, you do something right

Day 5
Success = a dream + determination

Day 6
There is so much to look forward to!

Day 7
Give someone's day an instant upgrade: Smile!

Circle of kindness

Readers share little reminders of how much goodness there is in the world

"HE IS SUCH AN AMAZING PERSON!"

I was shopping and found a couple of pieces of furniture that I needed at the mall. I needed assistance to load them onto our truck, but the employees are not allowed to help. A very nice man observing my ordeal offered to help load my furniture. Thanking him profusely, I asked his name, and he said, "Louie." Later in the year, I was in a thrift shop and overheard an older man asking the cashier if they had any electric heaters. The cashier said, "I have one at my house that I can deliver to you for no charge." I rounded the corner and looked up and recognized the nice cashier. It was Louie, the same man who had helped me load my furniture. What an amazing person he is!

—Gwen Rogers, Owensboro, KY

"A CELEBRATION TO REMEMBER!"

My husband and I, along with two other couples, went to a bar on St. Patrick's Day to celebrate—both our anniversary and the holiday. We each wore a festive green hat. While our friends were playing table shuffleboard, I struck up a conversation with a group of ladies, also festively dressed, at the next table. I mentioned it was our anniversary. Later, to my surprise, one of them gave me a hug and a beautiful handmade shamrock card that said, *Happy St. Patrick's Day.* She had made it at a crafting class. She also added, *Happy Anniversary! From the girls in green.* I was so touched by her thoughtfulness. What a celebration to remember.

—Patricia Moore, Coolville, OH

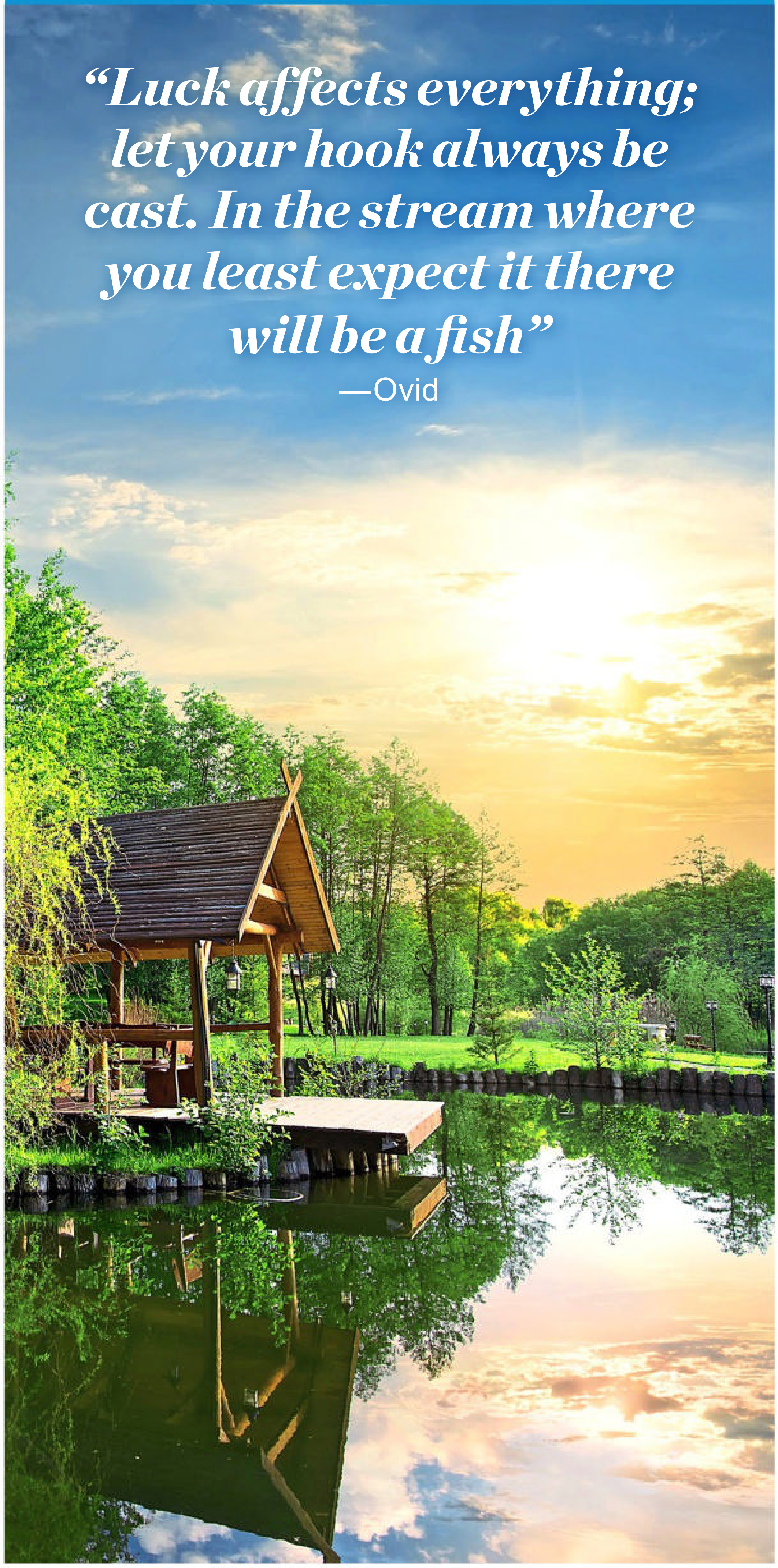
"HIS JOY REMINDED ME OF WHAT IS IMPORTANT IN LIFE!"

One day on my usual run to pass out supplies to the homeless people downtown, I had a sleeping bag to give out. I knew someone could really use it, and as I got out of my car, I saw a man lying on the sidewalk. When I asked if he could use the sleeping bag, he said, "Yes! God bless you! I've been praying for something soft to sleep on and here you are bringing that to me like an angel!" He kept thanking me, and his joy reminded me of what is important in life. It really made my day to make a difference for someone else!

—Laura Zaki, Phoenix

Instant ahh...

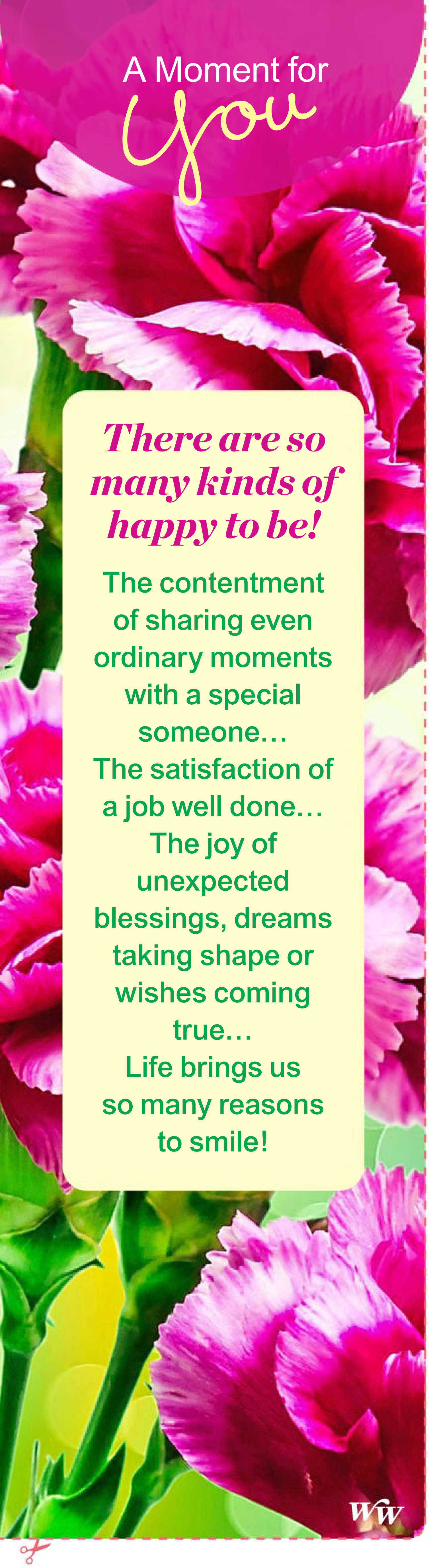
Take a moment to leave your worries behind and lose yourself in loveliness



"Luck affects everything; let your hook always be cast. In the stream where you least expect it there will be a fish"

—Ovid

Do you have an act of kindness of your own to share? We thought so! Please email it, along with your name, address and a clear photo of yourself to: CircleOfKindness@WomansWorldMag.com. Or mail it to: Circle of Kindness, *Woman's World*, 270 Sylvan Ave., Englewood Cliffs, NJ 07632. By submitting your story, you are granting *Woman's World* permission to use it and your photo in the print magazine, on our website and/or in future special issue publications. Submissions may be edited for style.



A Moment for *you*

There are so many kinds of happy to be!

The contentment of sharing even ordinary moments with a special someone…
The satisfaction of a job well done…
The joy of unexpected blessings, dreams taking shape or wishes coming true…
Life brings us so many reasons to smile!

WW 5-MINUTE ROMANCE

Winning his Irish heart

Becca has lost several local contests to her town rival, Brody, until the luck of the Irish gifts her an unexpected win: a chance at love

Spotting the blue ribbon adorning the window of the bakery across the street from my coffee shop, my stomach sinks. Brody O'Gowan has done it again. There's no disputing he has inherited the much-reputed lucky streak of his Irish ancestors. In the four months since he moved here, the man has managed to best me in every competition we've gone head-to-head in.

"His welcoming smile makes my knees go instantly weak"

Our rivalry started on Thanksgiving when he took first place to my second in the Fastest Fowl 5K. In December, his gingerbread house annihilated mine at the Santa's Sweets Festival. That's when I made it my mission to beat him in the St. Patrick's Day window decorating contest, planning an elaborate leprechaun garden display that I was certain would make Brody green with envy.

But my handsome adversary has trumped me again, this time with a leprechaun trap bedecking his bakery window.

Giving in to the need to vent my frustration, I grumble to my barista Kay. "Is there anything that man isn't good at?"

Grinning, she shakes her head. "Not from what I hear, Becca. But if you have to choke down a slice of humble pie, aren't you glad he's the one serving it? If I was single like you, I'd be marching myself over to congratulate him. You don't want the most eligible bachelor in town thinking you're a sore loser, do you?"

"I'm *not* a sore loser!" I sigh. "But this is the third contest he's crushed me in."

Kay chuckles. "A little competition keeps you honest, Becs. Now put those feet to good use and march yourself over there to congratulate him."

"Maybe later," I hedge with a pout.

"*Now,*" Kay insists firmly, turning me toward the door. "We both know the reason the man gets your shamrocks in a bunch. Don't you think it's time you acknowledge that you only hate losing to him because he makes you feel…things?"

Although it irks me to admit it, she's right. The sexy Irelander is a master at tantalizing palates with his delectable confections, but my taste buds aren't the only thing he's managed to entice. My charming rival has my heart in a tailspin. What I most want to win, is *him.*

Adobe Stock; Shutterstock

Turn upside down for Brain

This week's Crossword solution

L	A	K	E	■	W	E	A	N	■	A	B	E	S	■	F	I	S	H
I	N	O	N	■	A	X	L	E	■	L	I	M	A	■	I	D	L	E
A	T	T	A	■	S	E	P	T	■	L	O	U	D	■	N	E	A	R
R	I	B	B	O	N	S	■	W	H	O	■	■	■	A	D	A	M	S
■	■	■	L	I	T	■	F	O	O	T	S	T	E	P	S	■	■	■
C	A	M	E	L	■	F	O	R	T	■	T	I	L	T	■	D	E	L
A	L	A	S	■	J	U	N	K	■	A	R	T	S	■	■	I	R	E
N	O	R	■	B	E	N	D	■	S	M	I	L	E	D	■	A	G	E
S	E	C	U	R	E	D	■	S	H	A	P	E	■	R	A	Z	O	R
■	■	■	S	A	P	■	C	H	O	S	E	■	R	O	D	■	■	■
Y	O	K	E	D	■	H	A	R	E	S	■	J	E	W	E	L	R	Y
A	L	I	■	S	T	A	T	U	S	■	M	O	A	N	■	A	A	A
W	E	D	■	■	H	U	N	G	■	P	O	E	M	■	E	V	I	L
N	O	S	■	M	I	N	I	■	T	R	O	Y	■	C	R	A	N	E
■	■	■	P	O	S	T	P	O	N	E	D	■	R	D	A	■	■	■
S	C	R	U	B	■	■	■	M	T	V	■	F	O	S	S	I	L	S
W	A	I	T	■	M	I	D	I	■	E	C	O	L	■	I	C	O	N
A	S	T	O	■	O	N	I	T	■	N	U	L	L	■	N	E	R	O
B	E	E	N	■	N	A	G	S	■	T	E	D	S	■	G	R	E	W

Crossword Jumble: Horseshoe

Having no comeback for Kay's keen observation, I take her advice. As I reach the bakery, Brody steps out carrying a box emblazoned with the *Dessert First* logo.

Sporting a shamrock-adorned T-shirt that hugs his muscular physique, he looks as mouthwateringly delicious as his sweet treats. His welcoming smile makes my knees go instantly weak.

"Becca! I was just coming to see you. I baked you a cake."

"Really?" I choke, trying to sound nonchalant. "Thank you! Is this my consolation prize?" I tease, taking the box.

Confusion darkens his blue eyes. "No. It's a congratulatory one."

Now it's my turn to be bewildered. "But I lost. No congrats to be had for me…" "I guess you haven't read the email the judging committee sent us."

A jolt more potent than the caffeine kick of my strongest java zings through my veins as his warm hand settles on my shoulder and he turns me to face my shop. A blue ribbon identical to the one affixed in his bakery window hangs there.

"The judges couldn't decide which of our displays was better, so they named us co-winners," he explains, the heat from his closeness turning my insides to mush as he steps to my side, his hand slowly drifting down my back. "They're going to split the prize of dinner for two into single certificates so we can each have a meal."

"Or we could go together," I blurt, blushing as I realize I've voiced my deepest desire out loud.

Brody's dark eyebrows quirk upwards in interest as he flashes a grin my way. "I like that idea. Very much," he murmurs.

Emboldened by the promise of intensifying the heat in his smiling Irish eyes to smoldering blue flames, I forge ahead.

"There is one caveat, though. You have to join forces with me for the Easter egg decorating contest next month. As a rival, you just may be undefeatable, and I don't want to risk losing to you again. You know what they say: If you can't beat 'em, join 'em," I wink.

"Spoken like a true champ," he laughs. "I'm not undefeatable, though. I do have my weaknesses."

"Name one," I challenge lightly.

"You," he smiles. And in that heart-stopping instant, there's no longer any doubt—we are both lucky winners.

—Lisa Weaver

Games Answer Key

Games on pages 46–47

Mystery solution

Duffy had practiced outdoors so as to not disturb his overnight guests by practicing inside. But Ted, who had supposedly been asleep at the time he was practicing, somehow knew that it was a "breezy serenade." This could only mean that Ted had been awake for the practice and had stolen the pipes himself. He obviously still held a grudge about Duffy stealing his girl with that bagpipe serenade—and meant to teach him a lesson all these years later.

This week's Sudoku solution

9	8	1	2	7	6	5	3	4
7	3	2	9	4	5	1	6	8
5	6	4	3	8	1	2	9	7
4	5	7	1	6	9	3	8	2
1	2	3	8	5	7	6	4	9
8	9	6	4	2	3	7	1	5
2	7	9	6	3	8	4	5	1
6	1	5	7	9	4	8	2	3
3	4	8	5	1	2	9	7	6

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WW YOUR HOROSCOPE

For the week of Sunday, March 19, to Saturday, March 25

by Maressa Brown

PISCES Feb. 19–Mar. 20

Around the 21st, get clear on a moneymaking goal you want to achieve. Doing your research and taking action can lead to rewards. From the 25th on, dive into creative projects that allow you to express yourself. You'll soar!

Your lucky days: March 19, 20, 25
Your lucky numbers: 2, 3, 5

ARIES Mar. 21–Apr. 19

From the 19th on, sharing your ideas comes naturally. You may even find you can lead the charge on a group project. On the 23rd, identify a heartfelt intention you'd like to pursue. You have the wind in your sails now!

Your lucky days: March 20, 21, 25
Your lucky numbers: 1, 5, 14

TAURUS Apr. 20–May 20

From the 20th on, stepping up your journaling practice can be restorative. Then, you'll be more energized to engage in animated conversation with friends on the 24th, which can have you feeling more connected than ever.

Your lucky days: March 19, 20, 21
Your lucky numbers: 2, 3, 12

GEMINI May 21–June 20

Kick off a group effort alongside co-workers on the 19th. The result will wow you! And from the 25th on, you'll be feeling driven when it comes to bringing in income. Trust your gut to lead the way to a lucrative result.

Your lucky days: March 21, 22, 25
Your lucky numbers: 5, 9, 11

CANCER June 21–July 22

Stepping into the spotlight comes easily from the 20th on. Get ready for applause! Come the 21st, you'll enjoy a surge of energy you can pour into achieving your heart's desire. This is the moment to perfect your wellness routine.

Your lucky day: March 19, 20, 24
Your lucky numbers: 2, 10, 11

LEO July 23–Aug. 22

Around the 21st, set a goal related to broadening your horizons. Moving out of your comfort zone brings bliss! Then, from the 23rd on, you'll find that building in time for self-care allows for being more present. Enjoy!

Your lucky days: March 19, 22, 23
Your lucky numbers: 1, 9, 18

VIRGO Aug. 23–Sept. 22

Don't be afraid to wear your heart on your sleeve with loved ones on the 19th: It'll bring you closer! And on the 22nd, taking on large-scale projects by prioritizing teamwork turns them from daunting to effortless!

Your lucky days: March 23, 24, 25
Your lucky numbers: 6, 8, 11

LIBRA Sept. 23–Oct. 22

From the 19th on, connecting with a dear friend or loved one can nurture your bond. Then, from the 25th on, expressing your desires to take on a leadership role on the job makes long-term aspirations a reality. You deserve it!

Your lucky days: March 22, 23, 25
Your lucky numbers: 7, 10, 16

SCORPIO Oct. 23–Nov. 21

Around the 21st, get clear on a way to bring even more balance into your day-to-day. Share the details with a confidant: You'll get the ball rolling. Then, a surge of energy powers your ability to plan a trip on the 23rd. Dive in!

Your lucky days: March 19, 20, 21
Your lucky numbers: 6, 9, 18

SAGITTARIUS Nov. 22–Dec. 21

A burst of optimistic energy infuses your relationships with a fun-loving tone from the 19th on. And around the 21st, kicking off an artistic project alongside a loved one lays the groundwork for unforgettable memories.

Your lucky days: March 21, 23, 24
Your lucky numbers: 3, 5, 14

CAPRICORN Dec. 22–Jan. 19

Come the 20th, you'll be starting a heartfelt new chapter related to your home life. Your gratitude soars! And from the 23rd on, consider working on a project with a co-worker. Together, you'll create a winning result.

Your lucky days: March 23, 24, 25
Your lucky numbers: 4, 7, 10

AQUARIUS Jan. 20–Feb. 18

You'll do well to make plans with your social circle on the 21st. The moment could lead to a bonding experience. From the 25th on, you'll have energy to channel into your daily hustle. Adding walks or stretching is invigorating.

Your lucky days: March 21, 22, 23
Your lucky numbers: 3, 6, 11

Holly Hunter
March 20, 1958

Happy Birthday! *Year-ahead forecast for those born this week*

Pisces, prepare to boost your bank account when, late this month, you'll have a chance to set a powerful intention related to moneymaking, thanks to a new moon in your income zone. Meditate on what you truly want to achieve and you'll be well on your way. And in mid-April, when the sun pairs up with lucky Jupiter in your money sector, your abundance and good fortune are within reach as long as you believe in yourself.

Aries, from late March on, it's your time to shine! Go-getter Mars in your home zone makes it easy to move the ball forward on household projects. Enlist loved ones to get even more done! From mid-May on, action-oriented Mars in your self-expression zone fuels more artistic endeavors. Dive in!

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The Invention of the Year

The world’s most fun-to-drive and portable mobility device

Once in a lifetime, a product comes along that truly moves people. Introducing the future of battery-powered personal transportation . . . ***The Zinger.***

Available in Black and Blue (shown)

Throughout the ages, there have been many important advances in mobility. Canes, walkers, rollators, and scooters were created to help people with mobility issues get around and retain their independence. Lately, however, there haven’t been any new improvements to these existing products or developments in this field. Until now. Recently, an innovative design engineer who’s developed one of the world’s most popular products created a completely new breakthrough . . . a personal electric vehicle. It’s called the ***Zinger***, and there is nothing out there quite like it.

> *“What my wife especially loves is it gives her back feelings of safety and independence which has given a real boost to her confidence and happiness! Thank You!”*
>
> *–Kent C., California*

The Zinger folds to a mere 10 inches.

The first thing you’ll notice about the ***Zinger*** is its unique look. It doesn’t look like a scooter. Its sleek, lightweight yet durable frame is made with aircraft grade aluminum so it weighs only 47.2 lbs. It features one-touch folding and unfolding – when folded it can be wheeled around like a suitcase and fits easily into a backseat or trunk. Then, there are the steering levers. They enable the ***Zinger*** to move forward, backward, turn on a dime and even pull right up to a table or desk. With its compact yet powerful motor it can go up to 6 miles an hour and its rechargeable battery can go up to 8 miles on a single charge. With its low center of gravity and inflatable tires it can handle rugged terrain and is virtually tip-proof. Think about it, you can take your ***Zinger*** almost anywhere, so you don’t have to let mobility issues rule your life.

Why take our word for it? Call now, and find out how you can get a ***Zinger*** of your very own.

Now available in a Joystick model

(Zoomer Chair)

Joystick can be mounted on the right or left side for rider’s comfort

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The Zinger and Zoomer Chairs are personal electric vehicles and are not medical devices nor wheelchairs. They are not intended for medical purposes to provide mobility to persons restricted to a sitting position. They are not covered by Medicare nor Medicaid. © 2023 Journey Health and Lifestyle

ACCREDITED BUSINESS A+

85253

You deserve
Good things!
WW

Let positivity work its magic!

When you look at failures as simply glitches to get past, defeats as opportunities for do-overs, challenges as chances to shine and problems as possibilities, nothing can stop you from making your dreams come true. Attitude is everything!

Everyday Hero

Proof that it only takes one person to change the world

She teaches how great our differences make us

When Meg Zucker discovered her son, Ethan, was being bullied at school for his genetic condition, she decided to start a program that helps thousands of students love themselves—inside and out!

Meg Zucker *(right)* started a nonprofit to help people embrace their differences

“This will *never* happen again, Ms. Zucker—I assure you.”

The school principal’s words echoed in Meg Zucker’s mind after her son, Ethan, endured a bullying incident. But no matter how much she wanted to believe them, Meg still felt uneasy.

“How can you be sure?” Meg asked on the phone. After all, she knew what it was like to feel different. She’d spent her whole life dealing with having been born with *ectrodactyly,* a condition that gave her one finger on each hand and one toe on each foot—the same condition Ethan has.

The principal paused, then said, “You can come teach our faculty how we can be more empathetic.”

Meg agreed. But even though the staff responded well, something didn’t feel quite right.

What about the kids? she thought. *How will they learn to be more understanding of kids who are different?*

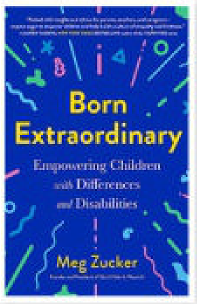
“Can I teach a social and emotional learning program for the students as well?” Meg asked the principal, who agreed.

Meg called her program “Kids Flaunt” with the tagline: *The things that make me different make me, me!* During the program, Meg helped kids in Ethan’s class learn how to share about their differences with others through essays and pictures.

Meg could feel a switch within the students’ hearts right away as her son began to feel more accepted.

This should be happening everywhere, Meg thought.

Today, more than 10 years later, the program has turned into an official nonprofit called “Don’t Hide It, Flaunt It.” Meg’s Flaunt It programs have taken off in popularity, reaching the Boys & Girls Clubs of America, children’s camps, scout troops, faith-based organizations, colleges, foundations and have even served as Diversity and Inclusion education courses for Fortune 500 companies.


Born Extraordinary
Empowering Children with Differences and Disabilities
Meg Zucker

◀ **“I’m honored to make a difference!” says Meg *(left),* who wrote a book to help kids**

But it is the impact on children just like her son that makes it all worthwhile to Meg.

“There’s no point in being sad when you can just change what people think of you,” says one student who was born with one eye. “Having one eye is cool, and I love being unique!”

“I’m proud of myself and my hearing aid,” another student shared. “Always remember that what matters is what is inside.”

“There’s nothing better than seeing kids empowered to be the strongest version of themselves,” shares Meg, who has written a book about her work called *Born Extraordinary: Empowering Children with Differences and Disabilities.* “All people want to go from being a some*thing* to a some*one*—and each one of us, with our unique differences, is someone special!”

—*Maggie Dillard*

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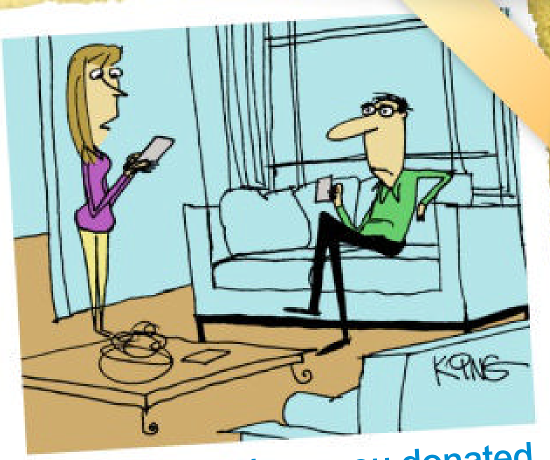
Has a person or animal come to your rescue? Email the story with your name, phone number and a photo to: WWFeatures@WomansWorldMag.com. Or mail to: Everyday Hero, *Woman’s World,* 270 Sylvan Ave., Englewood Cliffs, NJ 07632. By submitting your story, you are granting *Woman’s World* permission to use it and your photo in the print magazine, on our website and/or in future special issue publications. Due to high volume, we are unable to return submissions received.

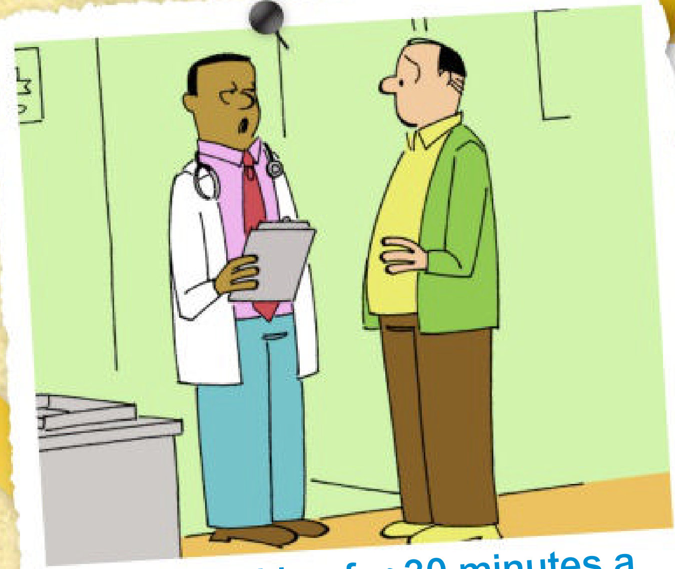
Love & Laughter

“I’m shamrocking these glasses!”
Ariana, 6, submitted by grandma Anna Brand, MI

“You’re my lucky charm!”
Lydia, 2 months, & Levi, 3, submitted by great-grandmother Nada Myatt, KY



“The place where you donated our couch is calling. Do you want the four TV remotes, six phone chargers, keys and $13 in pennies returned?”



“Sleepwalking for 30 minutes a night doesn’t count as exercise”

Ready to Paddy!
Sawyer, 7 weeks, submitted by mother Savenna L., NJ

Was my face red!

The company I work for takes up the top three floors of a 50-floor building. One afternoon, I needed to bring something to one of the other floors, but the elevator was taking forever. I decided to try taking the stairs, but I didn’t realize that the doors to enter each floor were locked in that stairwell! I went back up to my main floor and had to call one of my co-workers to let me back in. When she did, boy, my face was red! —*R.T., Chicago*

> *“May good luck be your friend in whatever you do and may trouble be always a stranger to you”*
>
> —*Irish blessing*

“Irish you a happy St. Paddy’s Day!”
submitted by Ashley Vail, WA

Sweet!
Oakley, 8 months, submitted by mom Katie Smith, WA

Send us photos of your cutest ‘babies’ and you may see them in an upcoming issue of *Woman’s World*!

Please include the name and age of the child or pet, as well as your name, address, phone number and relationship to the child or breed of the pet. Send to: Love & Laughter, *Woman’s World,* 270 Sylvan Avenue, Englewood Cliffs, NJ 07632 or email to LoveAndLaughter@WomansWorldMag.com.

By submitting your photo, you are granting *Woman’s World* permission to use it in the print magazine. Due to high volume, we are unable to return submissions received.

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I panicked-

MY HAIR WAS THINNING!

Amy felt her hair was shedding and starting to look bad. She wanted to do something about it. Here is her story:

"Lately my hair started to look dull and it was shedding like crazy. It was frustrating because thick and beautiful hair makes me feel good and I didn't want to lose that.

NUTRIENTS FOR YOUR HAIR

My friend told me about Hair Volume™. I searched online and found all the positive reviews and also learned that temporary hair loss due to lack of nutrients is common. I wanted to do something good for my hair so I decided to give Hair Volume™ a try – what did I have to lose?

3 MONTHS LATER

A few days later I started taking Hair Volume™, and now it has been almost 3 months. I feel so much more confident and happy that I am caring for my hair. My husband recently commented on my hair, which made me feel great. I strongly recommend this product to anyone who wants to promote healthy and full hair."

- Amy., NYC

RECOMMENDED BY 9/10 WOMEN*

Hair Volume™ is a clinically proven supplement and is recommended by 9/10 women.*

Why take Hair Volume™?

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* Based on our Clinical Hair Volume study of which 87% of people would recommend the product Hair Volume. Reference: "Evaluation of a functional food on the quality of the hairs on a panel of volunteers", Study 15E3405, Longjumeau, France. 12.Oct.2018

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